

# Stride

**COPPER KNOB**  
STEPSHETS

拍數: 80      牆數: 2      級數: Intermediate  
編舞者: Members Of Fall In Line - August 2005  
音樂: Break My Stride - Bluelagoon



## Section 1:

Wizard of oz R,  
L, Step out RF,  
LF, Heeltap RF  
twice

1-2 &: Step RF  
diagonally fwd  
to R side, Lock  
LF behind RF,  
Step RF fwd  
3-4 &: Step LF  
diagonally fwd  
to L side, Lock  
RF behind LF,  
Step LF fwd  
5-6: Step RF to  
R side, Step LF  
to L side  
7-8: Tap R heel  
twice

**Section 2: Right  
grapevine  
heeljack, Left  
grapevine  
heeljack**

1-2: Step RF to  
R side, Cross  
LF behind  
&3: Step RF  
slightly back,  
Touch L heel  
fwd  
&4: Step LF  
beside RF,  
Cross RF over  
LF  
5-6: Step LF to  
L side, Cross  
RF behind  
&7: Step LF  
slightly back,  
Touch R heel  
fwd  
&8: Step RF  
beside LF,  
Cross LF over  
RF

### **Section 3:**

**Syncopated  
prizzy walks, ½  
pivot L,  
Heelswivels  
(with hands)**

1&: Step RF in front of LF and swivel both heels in, Swivel both heels out  
2&: Step LF in front of RF and swivel both heels in, Swivel both heels out  
3&: Step RF in front of LF and swivel both heels in, Swivel both heels out  
4&: Step LF in front of RF and swivel both heels in, Swivel both heels out  
5-6&: Step RF fwd, ½ pivot turn L, Step RF next to LF  
7&8&: Swivel both heels to R, Back to centre, Swivel both heels to R, Back to centre  
Hands: 7&: Bring hands up over your head and ?swivel? to R side, Bring hands back to centre  
8&: Bring hands straight down and ?swivel? to R side, Bring hands back to centre

**Section 4: ¼  
turn L,  
Heelswivels  
(with hands), ½  
jazzbox with ¼  
turn R,  
Coasterstep**

1-2&: Step RF  
fwd, Turn  $\frac{1}{4}$  to  
L, Step RF next  
to LF  
3&4&: Swivel  
both heels to R,  
Back to centre,  
Swivel both  
heels to R, Back  
to centre  
Hands: 3&:  
Bring hands up  
over your head  
and ?swivel? to  
R side, Bring  
hands back to  
centre  
4&: Bring hands  
straight down  
and ?swivel? to  
R side, Bring  
hands back to  
centre  
5-6: Cross RF  
over LF, Step  
back on LF and  
turn  $\frac{1}{4}$  to R  
7&8: Step back  
on RF, Step Lf  
next to RF, Step  
fwd on RF

**Section 5: Skate  
steps L R L R,  
Fwd rock on L,  
L lock shuffle  
back**

1-2: Skate LF  
diagonally fwd,  
Skate RF  
diagonally fwd  
3-4: Skate LF  
diagonally fwd,  
Skate RF  
diagonally fwd  
5-6: Rock fwd  
on LF, Recover  
onto RF  
7&8: Step LF  
back, Lock RF  
over LF, Step  
LF back

**Section 6: Hitch  
R fwd, Hitch R  
to R side, Hitch  
R fwd, ¼ turn L  
with hitch Hitch  
R fwd, Hitch R  
to R side, Hitch  
R fwd, ¼ turn R  
with hitch**

1-2: Hitch R  
knee fwd, Hitch  
R knee to R  
side

3-4: Hitch R  
knee fwd, Turn  
¼ to L and hitch  
R knee fwd

5-6: Hitch R  
knee fwd, Hitch  
R knee to R  
side

7-8: Hitch R  
knee fwd, Turn  
¼ to R and hitch  
R knee fwd

**Section 7: Kick  
ball point R, L,  
Shoulder push  
R, L**

1&2: Kick RF  
fwd, Step RF  
next to LF, Point  
LF out to L side

3&4: Kick LF  
fwd, Step LF  
next to RF,  
Point RF out to  
R side

5-6: Push R  
shoulder to R  
side (take  
weight on RF),  
Back to centre

7-8: Push L  
shoulder to L  
side (take  
weight on LF),  
Back to centre

**Section 8: R  
rocking chair, R  
shuffle fwd, L  
rocking chair, L  
shuffle fwd**

1&2&: Rock R  
fwd, Recover  
onto L, Rock R  
back, Recover  
onto L

3&4: Step R  
fwd, Close L  
beside R, Step  
R fwd  
5&6&: Rock L  
fwd, Recover  
onto R, Rock L  
back, Recover  
onto R  
7&8: Step L  
fwd, Close R  
beside L, Step L  
fwd  
S

**Section 9: ½  
pivot L, ½ pivot  
L, Knee roll R L  
R L**

1-2: Step R fwd,  
½ pivot turn L  
3-4: Step R fwd,  
½ pivot turn L  
5-6: Roll R knee  
to R side, Roll L  
knee to L side  
7-8 Roll R knee  
to R side, Roll L  
knee to L side

**Section 10:  
Chasse R, ½  
turn L, Rock  
back L, ½ turn  
R, Chasse L,  
Rock back R**

1&2: Step R to  
R side, Close L  
beside R, Step  
R to R side  
& Turn ½ over L  
shoulder on RF  
3-4: Rock back  
on L, Recover  
onto R  
& Turn ½ over  
R shoulder on  
RF  
5&6: Step L to L  
side, Close R  
beside L. Step L  
to L side  
7-8: Rock back  
on R, Recover  
onto L

**Tag 1: Dance  
the whole dance  
twice, then do  
the last 16 steps  
again**

(Section 9 &  
10)

Tag 2: Dance  
the whole dance  
once more, then  
do the last 16  
steps again  
(Section 9 &  
10)

Finish: 2 counts,  
he sings ... take  
us down ...  
1-2: Step RF  
fwd, ½ pivot  
turn L ( weight  
on LF ) as you  
bend your  
knees and  
move your arms  
from centre and  
out to the sides  
(palms down)

Enjoy!!!

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