

## For The Stride

48 Count, 4 Wall, Improver

Choreographer: Jonathan Williamson (UK) July 2014

Choreographed to: Push For The Stride by Ward Thomas,

Album: Where We Stand

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Start Dance: Count 8 (7 seconds) from beginning of track

**1 WALK, WALK, ROCKING CHAIR & WALK, WALK, KICK BALL CROSS**

1-2 Walk forward right, left

&3&4 Rock forward right, recover weight back on left, rock back right, recover weight forward on left

5-6 Walk forward right, left

7&8 Kick right forward, step right besides left, cross right over left

**2 OUT, IN, OUT, BEHIND SIDE CROSS, CHASSE ¼ TURN, STEP, ½ PIVOT, STEP**

1&2 Point right to right side, touch right besides left, point right to right side

3&4 Step right behind left, step left to left side, cross right over left

5&6 Step left to left side, step right besides left, ¼ turn left stepping forward left

7&8 Step forward right, ½ pivot left, step forward right

**3 SIDE, TOGETHER, ¼ STEP, TOUCH, SIDE, TOUCH, SIDE, TOUCH**

1-2 Step left to left side, step right besides left

3-4 ¼ turn stepping forward left, touch right besides left

5-6 Step right to right side, touch left besides right

7-8 Step left to left side, touch right besides left

**4 SIDE, TOGETHER, BACK, KICK, BACK, LOCK, BACK, KICK**

1-2 Step right to right side, step left besides right

3-4 Step back on right, kick left forward

5-6 Step back left, lock right across left

7-8 Step back left, kick right forward

**5 JAZZ BOX, CROSS, CHASSE ¼ TURN, STEP, ½ PIVOT, STEP**

1-2 Cross right over left, step back left

3-4 Step right to right side, cross left over right

5&6 Step right to right side, step left besides right, ¼ turn right stepping forward right

7&8 Step forward left, pivot ½ turn right, step forward left

**6 MAMBO, COASTER STEP, SAILOR STEP, SAILOR STEP**

1&2 Rock forward right, recover weight back on left, step right besides left

3&4 Step back left, step right besides left, step forward left

5&6 Step right behind left, step left to left side, step right to right side

7&8 Step left behind right, step right to right side, step left to left side

**Tag at the end of wall 2:**

**SIDE, TOGETHER, BACK, TOUCH, SIDE, TOGETHER, FORWARD, HOLD**

1-2 Step right to right side, step left besides right

3-4 Step back right, touch left besides right

5-6 Step left to left side, step right besides left

7-8 Step forward left, hold