

Break My Stride

32 count, 4 wall, Intermediate level

Choreographer : Alan G. Birchall (UK) Nov 2001
Choreographed to : Break My Stride by Chris Owen
(110 bpm), Superstars Ultimate In Dance 3; Break My
Stride by Matthew Wilder

Start: After 32 Counts – Slightly Before Lyrics

RIGHT SAILOR STEP, LEFT SAILOR STEP, FRONT ½ SAILOR TURN, STEP ½ PIVOT

- 1&2** Cross Right Behind Left, Step Left To Left, Step Right By Left
3&4 Cross Left Behind Right, Step Right To Right, Step Left By Right
5&6 Cross Right Over Left, Step On Left Making ½ Turn Right, Step Forward On Right
(Facing 6'0 Clock)
7-8 Step Forward On Left, Make ½ Pivot Right (Facing 12'0 Clock)

CROSS, TOUCH, LEFT HEEL-JACK, STEP, HEEL SWITCH'S, ROCK TURN

- 9-10** Cross Left Over Right, Touch Right By Left
&11 Step Diagonally Back On Right (Extenuate This Step, By Leaning Back), Extend Left
Heel Forward
12 Step Forward On Left (You Will Be At A Slight Diagonal To Left – 11'0 Clock)
13& Touch Right Heel Forward, Step Right By Left
14& Touch Left Heel Forward, Step Left By Right
15-16 Rock Right To Right Making 1/8 Turn To Face 9'0 Clock, Recover On Left

CROSS, STEP, CROSS, HEEL BALL CROSS, ROCK TURN, ½ SHUFFLE TURN

- 17&18** Cross Right Behind Left, Step Left To Left, Cross Right Over Left
19&20 Touch Left Heel Forward, Step Left By Right, Cross Right Over Left
21-22 Rock Left To Left, Recover On Right Making ¼ Turn Right (Facing 12'0 Clock)
23&24 Make ½ Shuffle Turn Right Stepping Left, Right, Left (Facing 6'0 Clock)

SHUFFLE BACKWARDS, COASTER STEP, HEEL SWITCH'S, ROCK ¼ TURN

- 25&26** Step Back On Right, Step Left By Right, Step Back On Right
27&28 Step Back On Left, Step Left By Right, Step Forward On Left
29& Touch Right Heel Forward, Step Right By Left
30& Touch Left Heel Forward, Step Left By Right
31-32 Rock Forward On Right Making ¼ Turn Left, Recover On Left (Facing 9'0 Clock)

Finish:

**To Finish Facing The Front Wall You Will be Facing The 9'0 Clock Wall On The 10th
Repetition Of The Dance Simply Replace Steps 31-32 With:**

- 31-32** Rock Forward On Right Making ½ Turn Left, Stomp Forward On Left