

## Break My Stride

32 count, 4 wall, Intermediate level

Choreographer: Kathy Brown (USA) Apr 06

Choreographed to: Break My Stride by Club Lagoon,  
Blue Lagoon

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Intro: After the slow intro, main vocals

### **Walk Right, Left, Right Kick Ball Change, Rock, Return, Right 1/2 Turn Triple**

- 1-2 Walk forward right, left E  
3&4 Kick right forward, step right next to left, change weight to left  
5-6 Rock forward right, return left  
7&8 Turning 1/2 right, step right forward, step left next to right, step right forward

### **Walk Left, Right, Left Mambo 1/4 Turn, Cross, Side, Right Heel Jack**

- 1-2 Walk forward left, right  
3&4 Rock left forward, return right, step left 1/4 turn left  
5-6 Cross right over left, step left to side  
7&8 Step right behind left, step left to side, tap right heel forward (45°)right

### **& Cross, 1/4 Left Step, 1/4 Left Triple, Rock, Return, 1/2 Right Triple**

- &1-2 Step right next to left, cross left over right, turning 1/4 left step right back  
3&4 Turning 1/4 left step left forward, step right next to left, step left forward  
5-6 Rock forward right, return left  
7&8 Turning 1/2 right, step right forward, step left next to right, step right forward

### **1/4 Turn Hip Bump, Right Hip Bump, 1/4 Turn Hip Bump, 1/4 Turn Hip Bump, Rock Return, Left Coaster**

- 1&2 (1)Turning 1/4 right step left to side bump hip left as you step,(&) bump hip right,  
(2)as you bump hip left, turn 1/4 right (weight on left)  
3&4 (1)Touch right back and bump hip back (weight to right),(&) turning 1/4 right bump hip to  
left (weight to left), turning 1/4 right bump right forward  
5-6 Rock forward left, return right  
7&8 Step left back, step right next to left, step left forward