

BREAK MY STRIDE

LINEDANCE.COM

Count: 32

Wall: 4

Level: intermediate

Choreographer: Alan Birchall

Music: Break My Stride by Chris Owen

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 6:00)
- 7-8** Step forward on left, make ½ pivot right (facing 12:00)

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 - 11:00)
- 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 9:00, 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 12:00)
- 23&24** Make ½ shuffle turn right stepping left, right, left (facing 6:00)

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 3:00)

REPEAT

FINISH:

You will be facing the 3:00 wall on the 10th repetition of the dance. Simply replace steps 31-32 with:

31-32 Rock forward on right making $\frac{1}{2}$ turn left, stomp forward on left

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=e-ID61773