

# STRIDE

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**Count:** 80

**Wall:** 2

**Level:** Intermediate level

**Choreographer:** Members of Fall In Line / Trollhättan /(Aug 2005) Sweden

**Music:** Break My Stride by Blue Lagoon

Start the dance after she sings ? and you said (Start: ? ain't nothing gonna break my stride )

## 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,  $\frac{1}{2}$  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: $\frac{1}{4}$ turn L, Heelswivels (with hands), $\frac{1}{2}$ jazzbox with $\frac{1}{4}$ 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, $\frac{1}{4}$ turn L with hitch Hitch R fwd, Hitch R to R side, Hitch R fwd, $\frac{1}{4}$ turn R with hitch**

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

**3-4: Hitch R knee fwd, Turn  $\frac{1}{4}$  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  $\frac{1}{4}$  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: $\frac{1}{2}$ pivot L, $\frac{1}{2}$ pivot L, Knee roll R L R L**

**1-2: Step R fwd,  $\frac{1}{2}$  pivot turn L**

**3-4: Step R fwd,  $\frac{1}{2}$  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, $\frac{1}{2}$ turn L, Rock back L, $\frac{1}{2}$ turn R, Chasse L, Rock back R**

**1&2: Step R to R side, Close L beside R, Step R to R side**

**&** Turn  $\frac{1}{2}$  over L shoulder on RF

**3-4: Rock back on L, Recover onto R**

**&** Turn  $\frac{1}{2}$  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,  $\frac{1}{2}$  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!!!**