

# BREAK MY STRIDE

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Joseph Yip

**Music:** Break My Stride by Matthew Wilder

**Dedicated to the participants of the December 2001 Penang, Kuala Lumpur Line Dance Trip**

## **SYNCOPATED CROSS ROCKS RIGHT, LEFT, RIGHT, LEFT ¼ TURN LEFT, RIGHT FORWARD**

- 1&2** Right cross rock over left, replace left, right to right
- 3&4** Left cross rock over right, replace right, left to left
- 5&6** Right cross rock over left, replace left, right to right
- &7&8** Cross left over right, replace right, ¼ left on left, right forward

## **LEFT SHUFFLE, SLIDE RIGHT, LEFT, RIGHT SHUFFLE, SLIDE LEFT, RIGHT ¼ TURN RIGHT,**

- 1&2** Left shuffle, left, right, left diagonal
- 3-4** Right slide diagonally right, left slide diagonally left
- 5-6** Right shuffle, right, left, right diagonal
- 7&8** Left slide diagonally left, right slide ¼ turn right

## **CROSS, STEP, HEEL, STEP, CROSS, STEP, HEEL, STEP, CROSS, SIDE, SAILOR STEP**

- 1&2** Left cross over right, right to right, left heel forward diagonally to left
- &3&4** Left to left, right cross over left, left to left, right heel forward diagonally to right
- &5-6** Right beside left, cross left over right, right to right
- 7&8** Left behind right, right to right, left in place

## **CROSS, SIDE, SAILOR STEP, ¼ TURN LEFT JAZZ BOX, SCUFF**

- 1-2** Right cross over left, left to left
- 3&4** Right behind left, left to left, right in place
- 5-6-7-8** Left over right, right back, left ¼ turn left, right scuff over left

## **REPEAT**