

BREAK MY STRIDE

SONG: "BREAK MY STRIDE" by BLUE LAGOON.

ALBUM: "SENTIMENTAL FOOLS"

LEVEL: BEGINNER

ORIGINAL POSITION: FEET TOGETHER WEIGHT ON THE LEFT FOOT.

CHOREOGRAPHER: GORDON ELLIOTT. Sydney. NSW. AUSTRALIA. January 2025

BEATS	STEPS: This dance is done in FOUR directions. Introduction : 32 Beats
1, 2 3, 4 5, 6 7, 8	<p>FORWARD, FORWARD, FORWARD, KICK BACK, TOUCH, FORWARD, KICK</p> <p>STEP R FORWARD, STEP L FORWARD, STEP R FORWARD, KICK L FORWARD, STEP L BACK, TOUCH R TOE BACK, STEP R FORWARD, KICK L FORWARD. (12.00)</p>
1, 2 3, 4 5, 6 7, 8 ##	<p>BACK, BACK, BACK, TOUCH, ROCKING CHAIR</p> <p>STEP L BACK, STEP R BACK, STEP L BACK, TOUCH R TOE TOGETHER, ROCKING CHAIR : STEP R FORWARD, ROCK BACK ONTO L, STEP R BACK, ROCK FORWARD ONTO L. (12.00)</p>
1, 2 3, 4 5, 6 7, 8	<p>VINE RIGHT & TOUCH, VINE LEFT & TOUCH</p> <p>VINE : STEP R TO THE SIDE, STEP L BEHIND RIGHT, STEP R TO THE SIDE, TOUCH L TOE TOGETHER, VINE : STEP L TO THE SIDE, STEP R BEHIND LEFT, STEP L TO THE SIDE, TOUCH R TOE TOGETHER. (12.00)</p>
1, 2 3, 4 5, 6 7, 8	<p>TOUCH, TOGETHER, TOUCH, TOGETHER, MONTEREY 1/4 TURN</p> <p>TOUCH R TOE TO THE SIDE, STEP R TOGETHER, TOUCH L TOE TO THE SIDE, STEP L TOGETHER, MONTEREY : TOUCH R TOE TO THE SIDE, TURN 90° RIGHT STEP R TOGETHER, TOUCH L TOE TO THE SIDE, STEP L TOGETHER. (3.00)</p>
32	REPEAT THE DANCE IN NEW DIRECTION
	RESTART : On WALL 2 dance to BEAT 16 (##) & RESTART facing 3.00.

