

Break My Stride

Level: Easy Intermediate
Artist: Unique II **Genre:** Pop/Retro
Choreo: Steve Smith (USA)
Speed: Normal **Length:** 3.02 min
Order: A B A B C D B B B
Wait: 32 beats; Left foot lead

Quick Cues

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Part A (32 Beats)

4 2 Basic
4 Triple (1/2 L)
8 2 Travelling Triple (R & L)
4 2 Basic (Rft)
4 Triple (Rft - 1/2 R)
8 2 Travelling Triple (L & R)

Part B (32 Beats)

4 4 Heel Step (Fwd)
4 2 Basic
8 Triple & Kick Turn (1/2 L)
4 4 Heel Step (Fwd)
4 2 Basic
8 Triple & Kick Turn (1/2 L)

Part A (32 Beats)

4 2 Basic
4 Triple (1/2 L)
8 2 Travelling Triple (R & L)
4 2 Basic (Rft)
4 Triple (Rft - 1/2 R)
8 2 Travelling Triple (L & R)

Part B (32 Beats)

4 4 Heel Step (Fwd)
4 2 Basic
8 Triple & Kick Turn (1/2 L)
4 4 Heel Step (Fwd)
4 2 Basic
8 Triple & Kick Turn (1/2 L)

Part C (32 Beats)

32 4 Triple Spin (Fwd & 3/4 L)
(make a box)

Part D (32 Beats)

32 4 Simone's (1/4 L)
(make a box)

Part B (32 Beats)

4 4 Heel Step (Fwd)
4 2 Basic
8 Triple & Kick Turn (1/2 L)
4 4 Heel Step (Fwd)
4 2 Basic
8 Triple & Kick Turn (1/2 L)

Part B (32 Beats)

4 4 Heel Step (Fwd)
4 2 Basic
8 Triple & Kick Turn (1/2 L)
4 4 Heel Step (Fwd)
4 2 Basic
8 Triple & Kick Turn (1/2 L)

Part B (32 Beats)

4 4 Heel Step (Fwd)
4 2 Basic
8 Triple & Kick Turn (1/2 L)
4 4 Heel Step (Fwd)
4 2 Basic
8 Triple & Kick Turn (1/2 L)
(end facing front)

Step Definitions - Break My Stride

BASIC:

DS RS
L RL
&1 &2

TRIPLE:

DS DS DS RS
L R L RL
&1 &2 &3 &4

TRAVELLING TRIPLE:

DS (OTS) DS (XIF) DS (OTS) RS
L R L RL
&1 &2 &3 &4

HEEL STEP:

TCHH (F) S
L L
& 1

TRIPLE AND KICK TURN: (1/2 L on PVT)

DS DS DS RS DS DS (P) K-PVT S
L R L RL R L R-L R
&1 &2 &3 &4 &5 &6 & 7 & 8

TRIPLE SPIN: (3/4 L on PVT)

[DS DS DS RS] - (FWD) DS H(XIF) (PVT 3/4 L -1 BEAT) S RS
L R L RL R L R LR
&1 &2 &3 &4 &5 & 6& 7 &8

TRIPLE SPIN:

[DS DS DS RS] - (FWD) DS H(XIF) (PVT 3/4 L -1 BEAT) S RS
L R L RL R L R LR
&1 &2 &3 &4 &5 & 6& 7 &8

SIMONE: (This dance, 1/4 L on RS)

DT(BK) SL BR(UP) SL TCH(XIF) SL TCH(XIF) SL TCH(F) SL TCH(XIF) SL DS RS
L R L R L R L R L R L R L RL
& 1 & 2 & 3 & 4 & 5 & 6 &7 &8