

Stride With Me!

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Colin Smith (UK)

Music: Break My Stride - Chris Owen



SYNCOPATED VINE RIGHT, TOUCH, 2XSAILOR STEPS

- 1-2 Step right to right, step left behind right
- &3-4 Step right to right, cross left over right, touch right to right
- 5&6 Right sailor step
- 7&8 Left sailor step

STEP, PIVOT ½ TURN TO LEFT, RIGHT SHUFFLE, 2X MAMBO STEPS

- 9-10 Step forward on right, pivot ½ turn to left
- 11&12 Right shuffle forward
- 13&14 Rock forward on left, recover on to right, step left next to right
- 15&16 Rock back on right, recover on to left, touch right next to left

Option

- 13-16 Two heel jacks finishing with right touch

SYNCOPATED VINE RIGHT, TOUCH, 2X SAILOR STEPS

- 17-24 Repeat steps 1-8

STEP, PIVOT ¼ TURN TO LEFT, CROSSING SHUFFLE, 2X MAMBO STEPS

- 25-26 Step forward on right, pivot ¼ turn to left
- 27&28 Cross right over left, step left to left, cross right over left
- 29&30 Repeat steps 13&14
- 31&32 Repeat steps 15&16

Option

- 29-32 Two heel jacks finishing with right touch

ROCK, RECOVER, SHUFFLE ½ TURN 2X WALK, STEP, PIVOT ½ TURN

- 33-34 Rock forward on right, recover on to left
- 35&36 Make ½ turn to right stepping right, left, right
- 37-38 Walk forward left right
- 39-40 Step forward on left, pivot ½ turn to right

Option

- 37-38 Full turn to right

ROCK STEPS, CROSS SHUFFLE, ROCK RECOVER CROSS, SIDE, SLIDE

- 41&42& Rock left over right, recover on to right, rock diagonally back on left, recover on to right
- 43&44 Cross left over right, step left to left, cross left over right
- 45&46 Rock right to right, recover on to left, cross right over left
- 47-48 Step left a long step to left, slide right up to left finishing with touch

REPEAT

OPTIONAL ENDING

The last repetition will be the 2nd time facing the back wall. Dance through as normal until count 46. Then do the following:

- 47-48 Unwind ½ turn to left & strike a pose