

# Break My Stride

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Alan Birchall (UK)

Music: Break My Stride - Chris Owen



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## RIGHT SAILOR STEP, LEFT SAILOR STEP, FRONT ½ SAILOR TURN, STEP ½ PIVOT

- 1&2 Cross right behind left, step left to left, step right by left
- 3&4 Cross left behind right, step right to right, step left by right
- 5&6 Cross right over left, step on left making ½ turn right, step forward on right (facing 6:00)
- 7-8 Step forward on left, make ½ pivot right (facing 12:00)

## CROSS, TOUCH, LEFT HEEL-JACK, STEP, HEEL SWITCH'S, ROCK TURN

- 9-10 Cross left over right, touch right by left
- &11 Step diagonally back on right (extenuate this step, by leaning back), extend left heel forward
- 12 Step forward on left (you will be at a slight diagonal to left - 11:00)
- 13& Touch right heel forward, step right by left
- 14& Touch left heel forward, step left by right
- 15-16 Rock right to right making 1/8 turn to face 9:00, recover on left

## CROSS, STEP, CROSS, HEEL BALL CROSS, ROCK TURN, ½ SHUFFLE TURN

- 17&18 Cross right behind left, step left to left, cross right over left
- 19&20 Touch left heel forward, step left by right, cross right over left
- 21-22 Rock left to left, recover on right making ¼ turn right (facing 12:00)
- 23&24 Make ½ shuffle turn right stepping left, right, left (facing 6:00)

## SHUFFLE BACKWARDS, COASTER STEP, HEEL SWITCH'S, ROCK ¼ TURN

- 25&26 Step back on right, step left by right, step back on right
- 27&28 Step back on left, step left by right, step forward on left
- 29& Touch right heel forward, step right by left
- 30& Touch left heel forward, step left by right
- 31-32 Rock forward on right making ¼ turn left, recover on left (facing 3:00)

## REPEAT

## FINISH:

You will be facing the 3:00 wall on the 10th repetition of the dance. Simply replace steps 31-32 with:

- 31-32 Rock forward on right making ½ turn left, stomp forward on left
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