

Break My Stride

Recorded by: Matthew Wilder – available on iTunes

Genre: Pop

Choreo: Mary Smith – Purcellville, Virginia – luv2clog@starpower.net

Sequence: Wait 16: Intro – A – B – A – B – C – D – B – B – B

Intermediate+

Length: 3:00

Intro (16 Beats)

ST ST(xib) ST Tch ST Tch ST Tch

1 2 3 4 5 6 7 8
L R L R R L L R

Boogie
Moving left

Repeat above on the other foot

Part A (32 Beats)

DS DS(xif) DS Turn ST ST/Drag ST/Drag ST/Drag Brush(back)

&1 &2 &3 & 4 5 6 7 8
L R L R L/R R/L L/R R

TripleTurn/Moon Walk
Turn 3/4 R on Turn

ST DS(xib) RS(1/4 R) ST RS(1/2 L) ST RS DS

1 &2 &3& 4 &5& 6 &7 &8
R L RL R LR L RL R

MJ Pivot

Repeat Triple Turn/Moon Walk, then do

ST DS(xib) RS(1/4 R) ST Run Run Run Run Pause RS

1 &2 &3& 4 5 & 6 & 7 &8
R L RL R L R L R LR

MJ Run
Turn 1/2 L on 4 Runs

Part B (32 Beats)

Hop H ST Hop H ST Hop H ST RS

& a 1 & a 2 & a 3 &4
R L L L R R R L L RL

Stride Hops
Diagonally left

DS DS R S/Slur(b) ST/Slur(b) ST/Slur(b) ST/Slur(b) RS Clap

&1 &2 & 3 4 5 6 &7 8
R L R L/R R/L L/R R/L LR

Slurpie Back
Back up on Slurs

RS DS DS RS

&1 &2 &3 &4
LR L R LR

Rock Double Basic

Repeat Stride Hops diagonally right, Slurpie Back and Rock Double Basic

Part C (32 Beats)

ST DS(xif) ST RS DS DS RS RS
1 &2 &3 &4 &5 &6 &7 &8
L R L RL R L RL RL

Shave & a Haircut/Fancy Double

Repeat Shave & a Haircut and Fancy Double on the other foot (turn ¼ L on Fancy Double)

DS/Kick(fwd) Lift ST(back) ST Pause RS DS DS RS RS
&1 & 2 & 3 &4 &5 &6 &7 &8
L/R R R L RL R L RL RL

Split/Fancy Double
Turn ½ R on Fancy Double

Repeat just the Split on the other foot, then do

Run Run Run Run Pause Clap
1 & 2 & 3 4
L R L R

Run
Turn ¼ L to face front

Part D (32 Beats)

DS DS(xif) DS ST(¼ R) RS(xif) RS(os) RS(xib) Brush Up
&1 &2 &3 4 &5 &6 &7 &8
L R L R LR LR LR L

Triple Turn Rock Brush
Turn ¼ R on ST

DS DS(xif) DS ST(¼ R) ST RS DS RS
&1 &2 &3 4 5 &6 &7 &8
L R L R L RL R LR

Triple Turn Basics
Turn ¼ R on ST

DS DS(xif) DS ST(¼ R) RS(xif) RS(os) RS(xib) Brush Up
&1 &2 &3 4 &5 &6 &7 &8
L R L R LR LR LR L

Triple Turn Rock Brush
Turn ¼ R on ST

DS DS(xif) DS ST(¼ R) ST RS (Pause) ST Slide
&1 &2 &3 4 5 &6 &7 & 8
L R L R L RL R R

Triple Turn Basic Slide
Turn ¼ R on ST