

# BREAK MY STRIDE

**CHOREOGRAPHER:** Glenda Silver (Aust, November 2017)

**COUNT:** 32 **WALL 4 LEVEL:** Beginner

**MUSIC:** Break My Stride by Jessica Mauboy ( iTunes, Duration 3.00 mins)

**ALBUM:** The Secret Daughter Two

---

**INTRO:** 32 beats, before vocals

## **WALK FORWARD R KICK L FORWARD, WALK BACK LEFT TOUCH RIGHT**

1234 - Walk Fwd R L R, kick L Fwd

5678 - Walk back L R L, touch R beside L

## **DIAGONAL RIGHT FORWARD, DIAGONAL LEFT BACK TOUCH RIGHT**

1234- Step Fwd R diagonal, step L next to R, step R diagonal, touch L beside R  
(weight on R)

5678- Step back L diagonal, step R next to L, step back L diagonal, touch R beside L  
(weight on L)

## **FREIZE RIGHT, FRIEZE LEFT, 1/4 TURN LEFT TOUCH RIGHT**

1234- Step R to the side, step L behind R, step R to the side, touch L beside R

5678- Step L to the side, R behind L 1/4 turn L on L, (weight on L), touch R beside L

## **DOUBLE HIPS RIGHT & LEFT, SINGLE HIPS RIGHT LEFT RIGHT LEFT**

1234- Step side R, bump hips R twice, bump hips L twice

5678- Step side R, bump hips R L R L

**FINISH:** Last wall facing 9.00 O'clock, after hips 1/4 turn R to face the front

---

**GLENDAS SILVER :** Footloose Linedancers Gunnedah

**EMAIL:** [glendaksilver@gmail.com](mailto:glendaksilver@gmail.com)

**MOBILE:** 0427927019