

# Break My Stride

Easy Int  
3:04  
108 bpm

Artist: Blue Lagoon  
Music: MAXI CD KOM 675225 2, Radio Edit  
Choreo: Sandy Pittermann  
Wait 14 beats, start counting on "Last night..."

Sequence: **Intro A Br B A C D Br2 A\* 1/2A End**

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## Intro:

Grape Vine            S(ots) S(xib) S(ots) TCH  
                         L        R        L        R  
                         1        2        3        4

2 Step Touch        S(ots) TCH  
  R & L                R        L  
                         1        2

Repeat all above, alternate feet & direction.

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## Part A:

2 Charleston        DS TCH(if) H T(ib) H RS  
                         L    R        L R        R LR  
                         &1 &        2 &        3 &4

Hard Step            DT(b) H BR UP/H DS RS  
                         L        R L    L    R L    RL  
                         &        1 &        2    &3 &4

Outhouse            DS TCH(ots) H TCH(xif) H TCH(ots) H  
  R                    R    L        R    L        R    L        R  
                         &1 &        2 &        3 &        4

Repeat all above as written.

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## Break:

2 Vine 8            DS DS(xif) DS DS(xib) DS DS(xif) DS RS  
  L & R                L    R        L    R        L    R        L    RL

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## Part B:

2 Drag Step        DS DR S(xif)  
                         L    L    R  
                         &1 &    2

Triple                DS DS DS RS  
                         L    R    L    RL

Push Off            DS RS RS RS  
  R                    R    LR LR LR

Stomp Double        STO DS DS RS  
                         L    R    L    RL

Repeat all above, alternate feet & direction.

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## Break My Stride

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Sequence: **Intro A Br B A C D Br2 A\* 1/2A End**

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### Part C:

Slur Brush            DS SLR S(xib) DS BR UP/H            **turn 1/4 L on BR-UP**  
L R R            L R R L  
&1 & 2            &3 & 4

Triple            DS DS DS RS  
R            R L R LR

Rocking Chair        DS BR UP/H DS RS            **turn 1/4 L on BR-UP**  
L R R L R LR

Fancy Double        DS DS RS RS  
L R LR LR

Repeat all above as written to face front.

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### Part D:

4 Cowboy            DS DS DS BR UP/HL DS(xif) RS RS RS            **turn each 1/4 L**  
L R L R R L R            LR LR LR

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### Break 2:

Samantha            DS DS(xif) DR S(b) DR S(b) RS DS DS RS  
L R            R L            L R            LR L R LR  
&1 &2            & 3            & 4            &5 &6 &7 &8

Rocker            RS DS DS STO STO  
LR L R L R  
&1 &2 &3 & 4

Fancy Double        DS DS RS RS  
L R LR LR

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### Part A\*:

Like Part A, but on 1<sup>st</sup> Charleston turn 1/4 L on RS. Repeat 3 times.

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### Part 1/2A:

Like Part A, but do not repeat.

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### Ending:

Step across        S(xif) / arms up        BOW  
L  
1

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