

Break My Stride

Level: Easy Intermediate
Artist: Unique II
Choreo: Steve Smith (USA)
Speed: Normal
Sequence: A B A B C D B B B
Wait: 32 beats

Genre:Pop/Retro

Length:3.02 min

Quick Cues

Part A (32 beats)

4 2 Basic
4 Triple (1/2 L)
8 2 Travelling Triple (R & L)
16 REPEAT OPP FTWRK & DIR

Part B (32 beats)

4 4 Heel Step
4 2 Basic
8 Triple Kick & Kick Turn (1/2 L)
16 REPEAT

Part A (32 beats)

4 2 Basic
4 Triple (1/2 L)
8 2 Travelling Triple (R & L)
16 REPEAT OPP FTWRK & DIR

Part B (32 beats)

4 4 Heel Step
4 2 Basic
8 Triple Kick & Kick Turn (1/2 L)
16 REPEAT

Quick Cues

Part C (32 beats)

32 4 Triple Spin (3/4 L ea)

Part D (32 beats)

32 4 Simone (1/4 L ea)

Part B (32 beats)

4 4 Heel Step
4 2 Basic
8 Triple Kick & Kick Turn (1/2 L)
16 REPEAT

Part B (32 beats)

4 4 Heel Step
4 2 Basic
8 Triple Kick & Kick Turn (1/2 L)
16 REPEAT

Part B (32 beats)

4 4 Heel Step
4 2 Basic
8 Triple Kick & Kick Turn (1/2 L)
16 REPEAT



Step Definitions - BREAK MY STRIDE

BASIC:

DS RS
L RL
&1 &2

TRIPLE:

DS DS DS RS
L R L RL
&1 &2 &3 &4

TRAVELLING TRIPLE:

DS (OTS) DS (XIF) DS (OTS) RS
L R L RL
&1 &2 &3 &4

HEEL STEP:

TCHH (F) S
L L
& 1

TRIPLE & KICK TURN: (1/2 L on PVT)

DS DS DS RS DS DS (P) K-PVT S
L R L RL R L R-L R
&1 &2 &3 &4 &5 &6 & 7 & 8

TRIPLE SPIN:

[DS DS DS RS] (FWD) DS H (XIF WGT) PVT (3/4 L) S RS
L R L RL R L L R LR
&1 &2 &3 &4 &5 & 6& 7 &8

SIMONE: (This dance 1/4 L on RS)

DT (BK) SL BR SL TCH (XIF) SL TCH (XIF) SL TCH (F) SL TCH (XIF) SL DS RS
L R L R L R L R L R L R L RL
& 1 & 2 & 3 & 4 & 5 & 6 &7 &8