

BREAK MY STRIDE by MATTHEW WILDER

PRIVATE I RECORDS ZS4-04113

CHOREO: MARY MILORD AND MARY JEAN WRIGHT, SEA TURTLE TAPPERS, BOCA RATON, FL.

WAIT 8 BEATS

DIRECTIONS

INTRO

TO BEGIN: POINT TOES TOGETHER  
12 TIMES PIVOT (R) & STEP (XIB) (L)  
 (R) (L)

(ALTERNATE OPPOSITE FOOTWORK IN OPPOSITE DIRECTION)\* SEE CHART BELOW

PIVOT (L) & STEP TO POINT TOES TOGETHER  
 (R) (L)

\*



THIS IS ONE COMPLETE SEQUENCE ... ALTERNATE TO THE LEFT TO REPEAT ...

A/

2 TIMES DS DS DS BR(FWD) HEEL BR(B) HEEL TOE(XIB) PIVOT HEEL HEEL  
 L R L R L R L R L R L R  
 &1 &2&3 & 4 & 5 & 6 & 7 & 8

(TURN 180° RT ON PIVOT AND ALTERNATE FEET)

2TIMES DS SLUR(XIF) S DS SLUR(XIF) S DS DS DS HOP(& CLAP) (MOVE LEFT AND RIGHT ALTERNATING FEET)  
 L R R L R R L L

B/

4 TIMES DS DS DS DS DS DS DS RS(QUICK STEP TEMPO) (TURN 1/4 RT ON EACH RS) & ALTERNATE FEET  
 L R L R L R L RL

C/

4 TIMES DS BR(XIB) HEEL TOE HEEL DS (REPEAT ALTERNATING FEET)  
 L R L R R L

4TIMES BR(FWD) HEEL HEEL STOMP DS (REPEAT AND DOES NOT ALTERNATE)  
 L R L L R

1 TIME DS DS DS RS (MOVING BACK)  
 L R L RL

4TIMES HEEL TOE SLIDE HEEL TOE SLIDE DR S (XIB) DR S (XIB) DR S(XIB) R S (ANGLE BODY 1/2 RIGHT OR LEFT ON HEEL TOE SL'S & MOVE BACK ON DR'S)  
 R R L R R L L L R R L L R L R

D/

4 TIMES DS DS DS DS DS DS DS RS(QUICK STEP TEMPO) (MOVE FORWARD ON DS'S AND TURN 1/4 LEFT ON RS) & ALTERNATE FEET  
 R L R L R L R LR

ENDING/

6 TIMES DS DS DT(XIF) HEEL HEEL HEEL (ALTERNATE)  
 R L R R L R

SEQUENCE: INTRO A B A B C D B (STARTS RT FOOT THIS TIME) ENDING  
 ABBREVIATION: (R) RIGHT - (L) LEFT - DS DOUBLE TOE STEP - BR BRUSH  
 (B) BACK - (XIB) CROSS IN BACK - (XIF) CROSS IN FRONT - S STEP - R ROCK  
 DR DRAG - FWD FORWARD