

BREAK MY STRIDE CHA

Choreographers: Mike & Michelle Seurer 22 7th Street, Fond du Lac, WI 54935(920)907-1214.

Record: "Don't Break My Stride", Private ZS8-05509, Matthew Wilder

Rhythm: Cha-Cha

Time: 3:05

Phase: IV

Speed: 45 rpm

Footwork: Opposite, except as noted

Sequence: INTRO AB ABC ABC ENDING

INTRODUCTION

- 1----4 WAIT;; TRAVELING DOORS;;
1-2 In BFLY/WALL wait 2 meas;;
3-4 Rk sd L, rec R, XLif/sd R, XLif; Rk sd R, rec L, XRif/sd L, XRif;
- 5----8 BASIC;; TWIRL 2, CHA; REVERSE TWIRL 2, CHA;
5-6 Rk fwd L, rec R, Sd L/cl R, sd L; Rk bk R, rec L, sd R/cl L, sd R;
7-8 Sd L, XRif, sd L/cl R, sd L(W twirls RF undr jnd ld hnds R,L,R/L,R); Sd R, XLib, sd R/cl L,
sd R(W twrls LF undr ld hnds L,R,L/R,L,-);

PART A

- 1----4 VINE 2,FC TO FC; VINE 2,BK TO BK;(OP/LOD) SLIDE THE DOOR;;
1-2 Sd L, Xrib of L, sd L/cl R, sd L trn LF to bk to bk pos; sd R, Xlib of R, sd R/cl L, sd R
trn RF to OP/LOD;
3-4 Rk apt L, rec R, chang sides xib of W(W Xif of M) XLif/sd R, XLif; Rk sd R, rec L,
XRif/sd L, XRif;
- 5----8 CIRCLE CHA;; NEW YORKER IN 4;;(TWICE)
5-6 Circ away twd COH Fwd L,R, L/R,L; Cont circ twd WALL Fwd R,L,R/L,R to BFLY/WALL;
7-8 Rk thru twd RLOD on L, rec R to BFLY, sd L, cl R; Repeat Meas 7 of PART A;

PART B

- 1----4 PEEK-A- BOO CHASE;;;;
1-2 Fwd L trng ½ RF, rec & fwd R, fwd L/cl R, fwd L; Rk sd R peek ovr left shldr, rec L, R/L,R;
3-4 Rk sd L peek over right shldr, rec R, L/R,L; Fwd R trng ½ LF, rec & fwd L, fwd R/cl L,
fwd R to BFLY;
- 5----8 FENCE LINE; CRAB WALKS;; SPOT TURN;
5-6 Retain BFLY hold XLif of R, rec R to fc ptr, sd L/cl R, sd L; XRif/sd L, XRif;
7-8 Sd L, XRif, sd L/XRif, sd L; XRif start LF trn, fwd L completing LF trn to fc ptr in
BFLY, sd R/cl L, sd R;

PART C

- 1----4 BRK BK TO TRIPLE CHAS;; AIDA WITH BACK TRIPLE CHAS;;
1-2 Trng bk L to fc LOD, rec R trn body in twd ptr tc hld hnds, fwd L/lk rib of L, fwd L; Trn
slightly away from ptr fwd R/lk Lib of R, fwd R, trn slightly twd ptr fwd L/ lk Rib of L, fwd L;
3-4 Fwd R trn RF, sd L cont RF trn to aida pos bk R/lk Lif of R, bk R; Trng slightly twd ptr
bk L/lk Rif of L, bk L, bk R/lk Lif of R, bk R;
- 5----8 SWITCH CROSS; SIDE WALK 3 TO REV; SHOULDER TO SHOUDLER;;
5-6 Trng LF to fc ptr sd L chking bring jnd hnds thru, rec R in BFLY XLif of R; Sd R,cl L,
sd R/cl L, sd;
7-8 Rk fwd L to SDCAR, rec R, sd/cl L, sd R; Rk fwd R to BFO, rec L, sd R/cl L, sd R;

ENDING

- 1----4 ALEMANA;; NEW YORKER; (OP/LOD) WALK 2,CHA;
1-2 Rk fwd L, rec R, sd L/cl R, sd L; Rk bk R, rec L, sd R/cl L, sd R(W trn RF undr jnd ld hnds
XLif, fwd R to complete trn sd L/cl R, sd L);
3-4 Rk thru twd RLOD on L, rec R to OP/LOD, fwd L/cl R, fwd L; Fwd R,L, fwd R/cl L, fwd R;
- 5----6 VINE APT & SIDE CHA; CROSS CK & HOLD;
5-6 Sd L XRif of L, sd L/cl R, sd L; XRif of L chking swd motion, HOLD;