

Don't Break My Stride

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MUSIC Matthew Wilder -Private records ZS404113 and
on CD modern rock

SPEED: 44 RPM

PHASE: RAL III + 3 unphased

RHYTHM: Cha/Foxtrot

FOOTWORK: Opposite throughout

SEQUENCE: **INTRO, A, B, C, D, Bmod1, Bmod2, ENDING**

INTRO (CHA CHA, SL,SL,QK-QK-QK)

WT 2 M ;; WK & CHA ; WK & CHA BFY ; TRVLLNG DOOR ; SD WK ; CRAB WK ;
TRVLLNG DOOR -CL UP ;

Opn pos wt 2 cha m norm ft free ;; fd l,r-cha l,r,l ; fd r,l-cha r,l,r blnd to bfy ;
sd l rcvr r xlif ,sd r , xlif ; sd r, cl l to r, sd cha r r,l,r ; xlif sd r, x,sd,x ;
Rk sd r rcvr l, x,sd x ;to cl posit.

PART A (CHA)

STRLNG VIN ;; 4 TRNG 2'S -OPN ;; VIN APT 2 MN CHA TRN 1/2 ;

SLIDING DOOR & SD WK 2 CL ; WK BK 2 CHA TRN 1/2 ; WK & CHA 2 SCP ;

Sd l, xbhnd r, trng 2 stp fc coh ; sd r, xbhnd l, trng 2 stp fc wall; commence 4 r fc trng 2 stps - opn lod
pos l,r,l r,l,r l,r,l r,l,r ;; sd l, x r bhnd l, cha trn 1/2 fc rev l,r,l ; ldy fc lod,
Rk sd r, rcvr l, xrif sd l, xrif in a cha (cl posit);(ldy fc lod sd l, cl r, sd cha l,r,l cl pos).
Bk l, bk r, l fc cha trn l,r,l fc lod ; fd r,l, cha in plc r,l,r allowing ldy to move to scp ;

PART B (CHA)

RHTM RK THE BOAT 2 X ;; 4 TRNG 2'S - OPN ;; SLIDING DOORS ;;

APT RCVR CHA FD ; WK & CHA ; LACE X & CHA ; LACE BK W CHA ;

WK & CHA ; CHA BX 2 X ;;; SPOT TRN BFY ;

In plc bend slightly fd 2 stp; in plc straighten up 2 stp ; repeat m1 ; see part a meas 3-4 ;;
Rk apt l, rcvr r, cha x,sd,x to change sides mn in back of ldy ; repeat w opposite foot back to opn lod ; rk
sd l, rcvr r, fd cha l,r,l ; repeat intro meas 4 to scp ; join lead hnds rk sd rcvr, x,sd,x to chng sds
leading ldy undr mn's l hnd ; chng hnds rk sd rcvr, x,sd,x chng sds; repeat intro m 3 ; mn fd r, cl l,
sd r,cl l, sd r in a cha ; bk l, cl r, sd cha l,r,l,
repeat last 2 m ;; step thru trng ft toe pivot to fc rev rcvr l, trng cha r,l,r to bfy pos;

PART C (CHA)

VIN 2 & SD CHA ; 3 CRAB WKS ;;; SD WK ; SPOT TRN ; 1/2 BSIC ;

FAN FC LOD ; ROOSTER WKS 8 ;; 4 PROG WHIP TRNS ;;; 1/2 BSIC ;

BK BSIC FC WALL ;

Sd l, xribl, sd l,r,l in cha ; xrif, sd l, x,sd,x r,l,r ; sd l, x,sd,x ; repeat m 2;
sd l, cl r, sd cha l,r,l ; stp thru r toe pivot rcvr l, cha to fc prtn r,l,r ; rk fd l, rcvr r,
sd cha l,r,l ; rk dig bk r, comm trn to fc lod rcvr l, cha to let ldy bk up lod in a cha ,
Lead hnds joined wk fd 8 sl stps ;; stp btwn ldy' feet comm l fc trn, stp sd r cont trn to fc rev, slight bk apt
l,r,l ; stp sd r comm l fc trn rcvr l, cont trn to lod cha apt slightly 3 stps r,l,r ; repeat last 2 m ;;
repeat m 7 p-c fcng lod ; rk bk r, rcvr l, trng to bfy wall in cha r,l,r ;

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PART D (FXTRT SL, QK-QK)

FXT TWRL 3 ; SKIRT SKATERS LDY TRANS IN 4 ; FXT L TRNG BX ;;;

RUN 3 TWICE ; - LDY TRANS IN 4 ;

Chng rhythm fxtrt sd l, x r bhnd l, sd l, ; stp r,l,r to plc mn r hnd on ldys r hip lead hands joined both fc lod .
(Ldy wks fd 4 to fc lod) ; mirror image both trn l fc l,r,l to fc coh ; bk trng ¼ to fc rev r,l,r ; fd ¼ trn 2
fc wall l,r,l ; bk ¼ trn to fc lod r,l,r ; both fd 3 stps l,r,l ;
Mn fd 3 r,l,r (ldy runs 4 in a transition) to scp pos ;

PART B - MOD 1

RHTM RK THE BOAT 2 X ;; 4 TRNG 2'S -OPN ;; SLIDING DOORS ;;

APT RCVR GO FD ; WK & CHA SCP ;

Repeat part b m 1-8

PART B - MOD 2

RHTM RK THE BOAT 2 X ;; 4 TRNG 2'S -OPN ;; SLIDING DOORS ;;

APT RCVR GO FD ; SWVL 4 ;

Repeat part b m1-7 and fd r, w slight twst r, fd l w/slight twst l, twice ;

ENDING

FD CL & BK CHA ; BK CL & FD CHA ; CHA BX ONCE ;; WK & CHA ;

ROLL 2 CHA ; WK & CHA ; ROLL 2 CHA ; FNC LINE TO FC EXPLODE ;

Fd r, cl l to r, bk r,l,r in cha ; bk l, cl r to l, fd l,r,l in cha ; repeat part b meas 12&13 ;;
Fd r, fd l, cha fd r,l,r ; comm 360 degree trn stp l,r, cha l,r,l ; repeat m 5 & 6 ;
Rk thru r rcvr l, sd cha r,l,r, arm up ;