

# The Trail (Wheelchair)

**COPPER** **KNOB**  
STEPSHEETS

**Count:** 64

**Wand:** 2

**Ebene:** Intermediate wheelchair dance

**Choreograf/in:** Wild Bill McKechnie (UK)

**Musik:** Trail of Tears - Billy Ray Cyrus



## **FIST, HEEL, HOOK, HEEL, HOOK, HEEL, FIST, IN PLACE**

- 1-2 Make a fist with right hand & point it at groin, put heel of hand forward
- 3-4 Touch left shoulder with right fist, put heel of hand forward
- 5-6 Touch left shoulder with right fist, put heel of hand forward
- 7-8 Make a fist with right hand & point it at groin, place your right hand back on your right leg

## **FIST, HEEL, HOOK, HEEL, HOOK, HEEL, FIST, IN PLACE**

- 9-10 Make a fist with left hand & point it at groin, put heel of hand forward
- 11-12 Touch right shoulder with right fist, put heel of hand forward
- 13-14 Touch right shoulder with left fist, put heel of hand forward
- 15-16 Make a fist with left hand & point it at groin, place your left hand back on your left leg

## **ELBOW, HAND, ELBOW, HAND, HAND, ELBOW, HAND, ELBOW**

- 17-18 Fan right elbow out, then hand
- 19-20 Fan right elbow out, then hand
- 21-22 Fan left hand in, then elbow in
- 23-24 Fan left hand in, then elbow in

## **RIGHT & LEFT ELBOW POPS WITH HOLDS**

- 25-26 Raise right elbow, hold
- 27-28 Drop right & raise left elbow, hold
- 29-30 Drop left & raise right, drop right & raise left
- 31-32 Drop left & raise right, drop right & raise left

## **POINT, THUMB, ¼ TURN RIGHT, POINT, THUMB, ¼ TURN RIGHT**

- 33-34 Point right hand forward, hold
- 35-36 Point right thumb back over right shoulder, hold
- 37-40 Turn ¼ turn right
- 41-48 Repeat moves 33-40

## **ROLL, BRUSH, ROLL, BRUSH, ROLL, BRUSH, ROLL, BRUSH**

- 49-50 Roll chair forward, brush right hand forward on right leg
- 51-52 Roll chair forward, brush left hand forward on left leg
- 53-54 Roll chair forward, brush right hand forward on right leg
- 55-56 Roll chair forward, brush left hand forward on left leg

## **POINT, THUMB, POINT, THUMB, POINT, THUMB, POINT, THUMB**

- 57-58 Point right hand forward, point left thumb back over left shoulder
- 59-60 Point right thumb back over right shoulder, point left hand forward
- 61-62 Point right hand forward, point left thumb back over left shoulder
- 63-64 Point right thumb back over right shoulder, point left hand forward

## **REPEAT**

### **Tag**

When facing the back wall for the fourth time, when you get to the elbow raises, instead of doing 4 quick ones, do 8 quick ones then go back to the beginning of the dance

