

# Tie Me To The Tracks

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: David LECAILLON (FR) - July 2024

Music: Tie Me to the Tracks - Raynes



#5 tags restarts – 2 restarts

The dance start after 32 counts

## section 1 : VINE, SIDE ROCK, CROSS, HOLD

1-2-3-4 step Rf on side, cross Lf behind Rf, step Rf on side, cross Lf over

5-6-7-8 step Rf on side, recover onto Lf, cross Rf over Lf, hold

## section 2 : ¼ TURN R, ½ TURN R, STEP FWD, HOLD, ROCKING CHAIR

1-2-3-4 ¼ turn R step Lf back, ½ turn R step Rf fwd, step Lf fwd, hold 9:00

**RESTART HERE ON WALL 8 ( facing 3:00) with changing step on count 4 do a touch Rf next to Lf**

5-6-7-8 step Rf fwd, recover onto Lf, step Rf back, recover onto Lf

## section 3 : SIDE ROCK, BEHIND, SIDE, JAZZ BOX CROSS

1-2 step Rf on side, recover onto Lf

3-4 cross Rf behind Lf, step Lf on side

5-6-7-8 cross Rf over Lf, step LF back, step Rf on side, cross Lf over Rf

**RESTART HERE ON WALL 11 ( facing 3:00)**

**TAG + RESTART HERE ON WALL 3 (facing 12:00), WALL 4 (facing 12:00), WALL 6 (facing 6:00), WALL 7 (facing 3:00), WALL 13 (facing 9:00),**

## section 4 : TRIPLE SIDE, ROCK BACK, TRIPLE SIDE, ROCK BACK

1&2 step Rf on side, step Lf next to Rf , step Rf on side

3-4 step Lf back, recover onto Rf

5&6 step Lf on side, step Rf next to Lf, step Lf on side

7-8 step Rf back, recover onto Lf

**TAG :**

**STOMP R, HOLD, STOMP L , HOLD, BUMPS R L R L**

1-2 stomp Rf on side, hold

3-4 stomp Lf on side, hold

5-6-7-8 bump on R , bump on L, bump on R, bump on L

start again with smile

[dadouchoregraphe@outlook.fr](mailto:dadouchoregraphe@outlook.fr)

Last Update: 26 Jul 2024