

Track Record

拍数: 44 墙数: 2 级数: Intermediate
编舞者: Tomasz & Angela (DE) - August 2020
音乐: Track Record - Miranda Lambert : (Album: Wildcard)



Note: The dance begins with the use of the chant

S1: Rock side, shuffle across, step pivot half turn r, shuffle across

- 1 - 2 step to the right with right - weight back on the left foot
- 3 & 4 cross right foot over left - left foot connects to right heel - right foot crosses in front of left -
Weight at the end on the right
- 5 - 6 step forward with left - half turn to the right on both bales - weight at the end on the right (6
o'clock)
- 7 & 8 Cross left foot over right - right foot connects to left heel - left foot crosses over right

S2: rock side, behind-side-cross r + l

- 1 - 2 step to the right with right - weight back on the left foot
- 3 & 4 Cross right foot behind left - step left with left and right foot cross over left
- 5 - 6 step to the left with left - weight back on the right foot
- 7 & 8 Cross left foot behind right - step to the right with right and cross left foot over right

S3: Side, close, shuffle forward, side, close, shuffle back

- 1 - 2 step to the right with right foot - put left foot on right
- 3 & 4 Step forward with right - put left foot on right and step forward with right
- 5 - 6 step to the left with left foot - put right foot next to left
- 7 & 8 step backwards with left - put right foot on left and step back with left- Weight at the end on
the left

S4: Rock back, cross, point, cross, point, cross-back-touch

- 1 - 2 step backwards with the right - weight back on the left foot
- 3 - 4 Cross right foot over left - touch left toe on the left
- 5 - 6 Cross left foot over right - touch right toe on the right
- 7 & 8 Cross right foot over left - step backwards with left and right foot towards left

(Restart: In the 3rd round - direction 6 o'clock - break here and start over

**(End: The dance ends after '5-6' in the 9th round - direction 6 o'clock, the end'Rechten over left cross - Half
turn to the left on both balls, weight at the end on the left, and put right foot on left ' - 12 o'clock)**

S5: Rocking Chair, step, pivot half turn l, rock forward

- 1 - 2 step forward with right - weight back on the left foot
- 3 - 4 step backwards with the right - weight back on the left foot
- 5 - 6 step forward with right - half turn to the left on both bales - weight at the end on the left (12
o'clock)
- 7 - 8 step forward with right - weight back on the left foot

S6: Back, hold, sailor step turning half l

- 1 - 2 step backwards with right - hold
- 3 & 4 cross left foot behind right - place right foot next to left and turn left halfway
Put your left foot forward at an angle - weight at the end on the left (6 o'clock)