

# Tracy

拍数: 32      墙数: 2      级数: Improver  
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音乐: Tracy - The Cufflinks



## Section 1 - Lindy to R, Toe strut x2

1&2      Step R to R, close L next to R, step R to R  
3-4      Rock L ft back, recover to R ft  
5-6      Touch left toe to left side, drop left heel,  
7-8      Touch right toe across left, drop right heel

## Section 2 - Lindy to L, side behind shuffle ¼ turn to R

1&2      Step L to L, close R next to L, step L to L  
3-4      Rock R ft back, recover to L ft  
5-6      Step R to R, step L behind R  
7&8      Step R ft fwd with ¼ turn to R, step L behind R, Step R fwd

## Section 3 - Step ½ turn to R, shuffle fwd LRL, full turn L, shuffle fwd RLR

1-2      Step L fwd, ½ turn R, stepping on R ft(9.00)  
3&4      Step L fwd, Close R behind L, step L fwd  
5-6      ½ Turn left step R back, ½ Turn left step L fwd ( 9:00)

### (Steps 5-6 Non turning option - walk R,L)

7&8      Step R fwd, step L behind R, step R fwd

## Section 4 - Rock recover, coaster step ,step R fwd, heel bounce 3x turning ¼ to L

1-2      Rock L fwd, recover to R  
3&4      Step L back, step R next to L, Step L fwd  
5,6,7,8      Step fwd on R, heel bounce 3 x, turning ¼ to L 6.00 (wt on L)