

Tracy

拍数: 32 墙数: 2 级数: Improver
编舞者: HP Low (UK) & Babs Low (UK) - January 2021
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)