

Tracy

拍数: 64 墙数: 3 级数: Easy Intermediate
编舞者: Anne Herd (AUS) - January 2021
音乐: Tracy - The Cufflinks : (Album: Best Of The Cufflinks or 60s Hits Archies & Friends - iTunes)



Intro: Start after 20 beats, weight on L

Dance moves 1/4 CCW

CROSS SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, CROSS SHUFFLE

1-2-3&4 Cross R over L, Step L to side, Cross R behind L, Step L to side, Cross R over L

5-6-7&8 Rock L to side, Recover to R, Cross Shuffle L over R stepping LRL

1/4 L 1/4 L, FWD. TOUCH, BACK TOUCH, SWAY

1-2-3-4 Turning 1/4, L stepping back on R, Turning 1/4 L stepping L to side, Step fwd. on R Touch L beside R

5-6-7-8 Step back on L, Touch R beside L. Step R to side as you sway hips R L

STEP. HOLD, BEHIND, SIDE CROSS, STEP HOLD, BEHIND SIDE CROSS

1-2-3&4 Step R to side, Hold, Cross L behind R, Step R to side, Cross L over R

5-6-7&8 Step R to side, Hold, Cross L behind R, Step R to side, Cross L over R

SIDE CROSS SHUFFLE, SIDE BEHIND, 1/4 TURN, SCUFF/TOUCH

1-2-3&4 Rock R to side, Recover to L, Cross Shuffle R over L stepping RLR

5-6-7&8 Step L to side, Cross R behind L, Turn 1/4 L stepping fwd. on L, Scuff R fwd. or touch R beside L

STEP, SLOW DRAG, ROCK BACK, WEAVE

1-2-3-4 Step R to side, Slowly drag L towards R, Rock back on L, Recover to R

5-6-7-8 Step L to side, Cross R behind L, Step L to side, Cross R over L

STEP, SLOW DRAG, ROCK BACK, WEAVE

1-2-3-4 Step L to side, Slowly drag R towards R Rock back on R, Recover to L

5-6-7-8 Step R to side, Cross L behind R, Step R to side, Cross L over R

SIDE TOGETHER, FWD. HOLD, SIDE TOGETHER, FWD. SCUFF

1-2-3-4 Step R to side, Step L beside R, Step fwd. on R, Hold.

5-6-7-8 Step L to side, Step R beside L, Step fwd. on L, Scuff R fwd.

ROCKING CHAIR, 2 X 1/4 PIVOTS

1-2-3-4 Rock forward to R, Recover to L, Rock back to R, Recover to L

5-6-7-8 Step fwd. on R, Pivot 1/4 L, Step fwd. on R, Pivot 1/4 L

RESTART: On wall 3 dance to count 16 and restart

NOTE: As a 3 wall dance you never start the dance on the 3:00 wall. On the last wall music starts to fade around count 40, facing 12:00. Dance to count 48

As this is a short piece of music I thought it might be a good introduction into the world of easy intermediate dancing for newer students

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