

# Pride In The Backstretch

COPPERKNOB  
STEPSHEETS

拍数: 68      墙数: 4      级数: Intermediate straight rhythm  
编舞者: Horst Wiese (DE)  
音乐: The Race Is On - Sawyer Brown



## HEEL TAPS RIGHT, ¼ MONTEREY TURN RIGHT, HOLD

1-4            Stepping right foot to right side, raise right heel and tap it down 4 times  
5-6            On ball of left pivot ¼ turn right stepping right beside left, touch left to left side  
7-8            Step left beside right, hold

## 2X ROCK STEP ROCK (RIGHT & LEFT)

1-2            Rock forward on right, rock back onto left  
3-4            Rock forward on right, hold  
5-6            Rock forward on left, rock back onto right  
7-8            Rock forward on left, hold

## REPEAT ALL OF THAT

17-32        Repeat 1-16

## VINE RIGHT WITH ½ TURN RIGHT, BRUSH, VINE LEFT, ¼ TURN LEFT

1-2            Step to the right on right foot, step left foot behind right foot  
3              On ball of left pivot ¼ turn right & step right foot forward  
4              On ball of right pivot ¼ turn right & brush right foot forward  
5-6            Step to the left on left foot, step right foot behind left foot  
7-8            Step to the left on left foot with ¼ turn left, step right foot forward

## ½ TURN LEFT, ¼ TURN LEFT, BEHIND, ¼ TURN RIGHT, SHUFFLE LEFT, STOMP

1              Pivot ½ turn left  
2              Make ¼ turn left stepping right to right side  
3-4            Step left foot behind right foot, step right to right side with ¼ turn right  
5-6            Step left foot forward, slide right foot beside left foot  
7-8            Step left foot forward, stomp with right foot beside left

## MODIFIED APPLE JACKS

1-4            Taking weight on left heel and right toe - twist both toes to the left and then back to center & repeat  
5-8            Change weight to right heel and left toe - twist both toes to the right and then back to center & repeat  
9-12          Change weight to left heel and right toe - twist both toes to the left and then back to center & repeat

## JAZZ BOX TWICE

1-2            Cross step right over left, step back on left  
3-4            Step right beside left, step onto left in place  
5-6            Cross step right over left, step back on left  
7-8            Step right beside left, stomp onto left in place

## REPEAT

When using the song "Six Days On The Road", leave out counts 9-12 from the "modified apple jacks"