Pride In The Backstretch

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 food 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"