

# Trackin'

拍数: 48      墙数: 4      级数: Intermediate/Advanced  
编舞者: Noki (NL)  
音乐: Trackin' - Billy Crawford



**Beginning of the dance: face 9:00**

## JUMPING JACKS WITH ¼ TURN TO THE LEFT

- 1            Jump both feet slightly apart
- &            Jump both feet together
- 2            Jump both feet slightly apart
- &            Scoot on left foot and ¼ turn to the left
- 3            Jump both feet slightly apart
- &            Jump both feet together
- 4            Jump both feet slightly apart
- &            Scoot on left foot and ¼ turn to the left
  
- 5            Jump both feet slightly apart
- &            Jump both feet together
- 6            Jump both feet slightly apart
- &            Scoot on left foot and ¼ turn to the left
- 7            Jump both feet slightly apart
- &            Jump both feet together
- 8            Jump both feet slightly apart

## DOUBLE STEPS, WALKS WITH FULL TURN TO THE RIGHT, JUMP AND HOOK

- 9            Tap right foot (feet are still slightly apart))
- 10           Step right foot
- 11           Tap left foot
- 12           Step left foot
  
- 13           Turn 1/3 to the right stepping right foot forward
- 14           Turn 1/3 to the right stepping left foot forward
- 15           Turn 1/3 to the right stepping right foot forward
- &            Left foot big step forward (jump slightly)
- 16           Right foot hooks into knee of left-leg

## HOKED KNEE-POPS, SLIDE, JUMP OUT, FULL UPPER BODY TURN TO THE LEFT

- 17           Turn right-knee to the left
- &            Turn right-knee to the right
- 18           Turn right-knee to the left
- 19           Right foot big step to the side
- 20           Left foot step beside right foot
  
- 21-24        Jump both feet slightly apart and lean with your upper body slightly to the right and forward, move your upper body in a circle to the left in 4 counts (starting at count 21)

## LEG LIFTS, KNEE POP, COASTER STEP, ¼ TURN, SCOOT, KNEE POP

- 25           Weight on left foot and raise your right-leg
- &            Right foot down
- 26           Weight on left foot and raise your right-leg
- &            Right foot down

- 27 Weight on left foot and raise your right-leg  
 & Right foot down  
 28 Right-knee up and bent your upper body to that knee
- 29 Right foot backward  
 & Left foot step beside right foot  
 30 Right foot step forward  
 31 ¼ turn to the right and scoot on right foot (left foot slightly bent and raised)  
 & Scoot right foot  
 32 Scoot right foot and raise left-knee and bent your upper body to that knee

**SCOOTS, ¾ TURN TO THE RIGHT, SCOOT, FULL TURN TO THE LEFT, TOE LIFTS WITH ARM MOVEMENTS**

- 33 Scoot on right foot and turn ¼ to the right  
 & Scoot on right foot and turn ¼ to the right  
 34 Scoot on right foot and turn ¼ to the right and touch left foot to the side  
 35 Scoot on right foot and turn 1/3 to the left  
 & Scoot on right foot and turn 1/3 to the left  
 36 Turn 1/3 to the left and jump both feet apart
- 37 Lift toes of both feet and raise right-arm  
 & Drop toes and drop right-arm  
 38 Lift toes of both feet and raise left-arm  
 & Drop toes and drop left-arm  
 39 Lift toes of both feet and raise both arms  
 & Drop toes and drop both arms  
 40 Jump both feet together

**KICKS, BODY ROLL, SIDE TOUCHES, KNEE, STOMP**

- 41 Kick right foot to the side  
 & Step right foot next to left foot  
 42 Kick left foot to the side  
 & Step left foot next to right foot  
 43 Right foot step backward and start body roll  
 44 Finish body roll (weight is on right foot)
- 45 Left foot touch to the side  
 & Step left foot next to right foot  
 46 Right foot touch to the side  
 & Step right foot next to left foot  
 47 Left foot touch to the side  
 & Raise left-knee  
 48 Left foot stomp next to right foot

**REPEAT**

**TAG**

**After wall 1, 3 and half way wall 5**

**V-STEP**

- 1 Right foot step diagonally forward  
 2 Left foot step diagonally forward  
 3 Right foot step back  
 4 Step left foot next to right foot

**At the end of wall 4 (count 48) don't stomp your left foot next to your right foot but just touch your left foot to**

the side. After that you start with count 33 of the dance. Dance the tag again after this part. After wall 5 you have to dance this dance 3 times but only till count 32. (but don't make the  $\frac{1}{4}$  turn in count 31. Just scoot forward and on count 32 stomp left foot next to right foot)

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