

# Trackin' With Me

COPPERKNOB  
STEPSHEETS

拍数: 0                      墙数: 1                      级数: Intermediate/Advanced  
编舞者: Marco Maselli (BEL)  
音乐: Trackin' - Billy Crawford



Sequence: ABCA, Tag, BCA, Tag, CAA Tag, Tag, Tag Tag

## PART A: CHORUS:

### SCUFF, TOUCH BEHIND, TOE JACKS, SIDE ROCK, BEHIND-SIDE-CROSS

- 1-2                      Right foot scuff forward, right foot touch toe behind left foot  
&3&4                    Right foot small step back, left foot point forward, left foot step on place, right foot touch beside left foot  
5-6                      Right foot rock to right side, left foot rock back on place  
7&8                      Right foot cross step behind left foot, left foot step to left side, right foot cross over left foot

### ¼ TURN LEFT, STEP FORWARD, STEP-LOCK-STEP, PIVOT ¼ TURN, CROSS SHUFFLE

- 1-2                      ¼ turn left stepping left foot forward, right foot lock behind left foot  
3&4                      Left foot step forward, right foot lock behind left foot, left foot step forward  
5-6                      Right foot step forward, right foot and left foot ¼ turn left  
7&8                      Right foot cross step over left foot, left foot step left, right foot cross step over left foot

### SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE TURN, OUT-OUT, IN-IN

- 1-2                      Left foot rock on left side, right foot rock back in place  
3&4                      Left foot cross over right foot, right foot step right side, left foot cross over right foot  
5-6                      Right foot step right making ½ turn left, left foot step to left side  
&7&8                      Right foot small step out to right side, left foot small step out to left side, right foot bring back to center, left foot bring back to center

### SCUFF, TOUCH BACK, TOE JACKS WITH ¼ TURN RIGHT, SIDE ROCK, SAILOR ¼ TURN LEFT, TOUCH

- 1-2                      Right foot scuff forward, right foot touch behind left foot  
&3&4                      Right foot small step back, left foot point forward, left foot step in place with ¼ turn to right, right foot touch beside left foot  
5-6                      Right foot rock on right side, left foot rock back in place  
7&8                      Right foot cross behind left foot, left foot step left with ¼ turn left, right foot touch beside left foot

## PART B: VERSE

### STEP, PIVOT ½ LEFT, STEP-LOCK-STEP, FORWARD ROCK, BACK ROCK WITH ¼ TURN LEFT, LEFT SIDE CHASSE

- 1-2                      Right foot step forward, right foot and left foot pivot ½ turn left  
3&4                      Right foot step forward, left foot lock behind right foot, right foot step forward  
5-6                      Left foot rock forward, right foot rock back making ¼ turn left  
7&8                      Left foot step left, right foot bring together with left foot, left foot step left

### TOUCH FORWARD, SIDE, SAILOR ½ TURN RIGHT, TOUCH FORWARD, TOUCH SIDE, SAILOR ¼ TURN LEFT

- 1-2                      Right foot point forward, right foot point to right side  
3&4                      Right foot cross behind left foot, left foot step left with ½ turn right, right foot step right  
5-6                      Left foot point forward, left foot point to left side  
7&8                      Left foot cross behind right foot, right foot step right with ¼ left side, left foot step left

**JUMP FEET APART, JUMP TO CROSS RIGHT FOOT IN FRONT OF LEFT FOOT, BOUNCE HEELS TURNING ½ LEFT, STEP, LOCK, STEP-LOCK-STEP**

- 1-2 Right foot and left foot jump feet apart, right foot and left foot jump to cross right foot over left foot
- 3&4 Right foot and left foot with weight on toes: bounce heels three times turning ½ turn left (weight finishes on left foot)
- 5-6 Right foot step forward, left foot lock behind right foot
- 7&8 Right foot step forward, left foot lock behind right foot, right foot step forward

**STEP FORWARD, STEP BESIDE, TOE FANS, HEELS APART, APPLE JACK**

- 1-2 Left foot step forward, right foot step beside left foot
- 3&4 Left foot swivel toe to left, right foot swivel toe to right, right foot and left foot bring toes back to center
- 5-6 Left foot swivel heel to left, right foot swivel heel to right
- 7& Left foot swivel toe to left and right foot swivel heel to left, right foot and left foot bring back to center
- 8& Right foot swivel toe to right and left foot swivel heel to right, left foot and right foot bring back to center (weight finishes on left foot)

**PART C: BRIDGE**

**FORWARD KICK, SWING HEEL OUT, SWING HEEL ACROSS - OUT - ACROSS, RIGHT SIDE STEP, CLOSE, RIGHT CHASSE**

- 1-2 Right foot kick forward, right foot swing to right
- 3&4 Right foot swing to left in front of left knee, right foot swing to right, right foot swing to left in front of left knee
- 5-6 Right foot step right, left foot step together with right foot
- 7&8 Right foot step right, left foot step together with right foot, right foot step right

**CROSS LEFT, UNWIND FULL TURN RIGHT, LEFT CHASSE, ROCK & STEP, SIDE JUMPS**

- 1-2 Left foot cross over right foot, right foot and left foot unwind 1 full turn to right (weight finishes on right foot)
- 3&4 Left foot step left, right foot step together with left foot, left foot step left
- 5&6 Right foot crossed rock over left foot, left foot rock backward, right foot step beside left foot (weight on both feet)
- 7&8 Right foot and left foot three little jumps to the right looking front wall

**JUMP FEET APART, TOGETHER FACING RIGHT, REPEAT FACING LEFT**

- 1& Left foot and right foot jump both feet apart, left foot and right foot jump both feet together looking on right side
- 2& Left foot and right foot jump both feet apart looking on right side, left foot and right foot jump both feet together looking front wall
- 3& Left foot and right foot jump both feet apart, left foot and right foot jump both feet together looking on left side
- 4& Left foot and right foot jump both feet apart looking on left side, left foot and right foot jump both feet together looking front wall (weight finishes on left foot)

**TAG**

**SIDE, BEHIND, HEELS JACKS RIGHT & LEFT**

- 1-2 Right foot step right, left foot cross behind right foot
- &3&4 Right foot step right, left foot tap heel diagonally to left, left foot step beside right foot, right foot cross over left foot
- 5-6 Left foot step left, right foot cross behind left foot
- &7&8 Left foot step left, right foot tap heel diagonally to right, right foot step beside left foot, left foot cross over right foot

**SIDE ROCK, RECOVER, TRIPLE STEP WITH  $\frac{3}{4}$  TURN RIGHT, FORWARD ROCK, RECOVER, TRIPLE  $\frac{3}{4}$  TURN LEFT**

- 1-2 Right foot rock on right side, left foot rock back in place  
3&4 Right foot  $\frac{1}{4}$  turn right, left foot  $\frac{1}{4}$  turn right, right foot  $\frac{1}{4}$  turn right  
5-6 Left foot rock forward, right foot rock back  
7&8 Left foot  $\frac{1}{4}$  turn left, right foot  $\frac{1}{4}$  turn left, left foot  $\frac{1}{4}$  turn left
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