

# The Trail (Wheelchair)

**COPPER** **KNOB**  
BY STEPHEN HETS

拍数: 64      墙数: 2  
编舞者: Wild Bill McKechnie (UK)  
音乐: Trail of Tears - Billy Ray Cyrus

级数: Intermediate wheelchair dance



## FIST, HEEL, HOOK, HEEL, HOOK, HEEL, FIST, IN PLACE

- 1-2            Make a fist with right hand & point it at groin, put heel of hand forward
- 3-4            Touch left shoulder with right fist, put heel of hand forward
- 5-6            Touch left shoulder with right fist, put heel of hand forward
- 7-8            Make a fist with right hand & point it at groin, place your right hand back on your right leg

## FIST, HEEL, HOOK, HEEL, HOOK, HEEL, FIST, IN PLACE

- 9-10           Make a fist with left hand & point it at groin, put heel of hand forward
- 11-12          Touch right shoulder with right fist, put heel of hand forward
- 13-14          Touch right shoulder with left fist, put heel of hand forward
- 15-16          Make a fist with left hand & point it at groin, place your left hand back on your left leg

## ELBOW, HAND, ELBOW, HAND, HAND, ELBOW, HAND, ELBOW

- 17-18          Fan right elbow out, then hand
- 19-20          Fan right elbow out, then hand
- 21-22          Fan left hand in, then elbow in
- 23-24          Fan left hand in, then elbow in

## RIGHT & LEFT ELBOW POPS WITH HOLDS

- 25-26          Raise right elbow, hold
- 27-28          Drop right & raise left elbow, hold
- 29-30          Drop left & raise right, drop right & raise left
- 31-32          Drop left & raise right, drop right & raise left

## POINT, THUMB, ¼ TURN RIGHT, POINT, THUMB, ¼ TURN RIGHT

- 33-34          Point right hand forward, hold
- 35-36          Point right thumb back over right shoulder, hold
- 37-40          Turn ¼ turn right
- 41-48          Repeat moves 33-40

## ROLL, BRUSH, ROLL, BRUSH, ROLL, BRUSH, ROLL, BRUSH

- 49-50          Roll chair forward, brush right hand forward on right leg
- 51-52          Roll chair forward, brush left hand forward on left leg
- 53-54          Roll chair forward, brush right hand forward on right leg
- 55-56          Roll chair forward, brush left hand forward on left leg

## POINT, THUMB, POINT, THUMB, POINT, THUMB, POINT, THUMB

- 57-58          Point right hand forward, point left thumb back over left shoulder
- 59-60          Point right thumb back over right shoulder, point left hand forward
- 61-62          Point right hand forward, point left thumb back over left shoulder
- 63-64          Point right thumb back over right shoulder, point left hand forward

## REPEAT

### Tag

When facing the back wall for the fourth time, when you get to the elbow raises, instead of doing 4 quick ones, do 8 quick ones then go back to the beginning of the dance

