

# Back Track

拍数: 48      墙数: 4      级数: Beginner  
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音乐: Shortenin' Bread - The Tractors



## STOMP, HOLD, LEFT SAILOR SHUFFLE, SCOOT BACK

1-2            Stomp right foot, hold  
3&4           Cross left foot behind right, step right foot to right side, step left foot next to right  
&              Scoot back on left foot while hitching right leg

## STOMP, HOLD, LEFT SAILOR SHUFFLE, SCOOT BACK

5-6            Stomp right foot, hold  
7&8           Cross left foot behind right, step right foot to right side, step left foot next to right  
&              Scoot back on left foot while hitching right leg

## RIGHT AND LEFT SHUFFLES FORWARD, TWO-HALF PIVOT TURNS LEFT

1&2            Step right foot forward, step left foot next to right, step right foot forward  
3&4            Step left foot forward, step right foot next to left, step left foot forward  
5-6            Step forward on right foot, pivot ½ left  
7-8            Step forward on right foot, pivot ½ left

## BACK TRACK; HEEL SWITCHES BACK TO STARTING POSITION

1&2            Tap right heel forward, step back on right foot, tap left heel in place  
&3&4           Step back on left foot, tap right heel in place, step back on right foot, tap left heel in place

## CROSS, HOLD, FULL TURN, CLAP

&5-6           Step left foot back to center, cross right foot over left, hold  
7-8            Unwind for a full turn left, clap hands on the hold

## VINE RIGHT WITH WALK AROUND FULL TURN, AND TWO HALVES

1-3            Step right, cross left foot behind right, step right making a ¼ turn right  
4-5            Step forward on left foot, pivot ½ turn stepping forward on right  
6              ¼ turn right stepping side left (facing original wall)  
7-8            Full turn to the right traveling toward your left wall, stepping right, left (facing original wall)

## SAIL AROUND THE WORLD

1&2            Cross right foot behind left (starting a ¼ turn right), step left foot to left side(completing ¼ turn right), step right foot to side parallel to new wall  
3&4            Cross left foot behind right (starting a ¼ turn right), step right foot to right side(completing ¼ turn right), step left foot to side parallel to new wall  
5&6            Cross right foot behind left (starting a ¼ turn right), step left foot to left side(completing ¼ turn right), step right foot to side parallel to new wall  
7&8            Cross left foot behind right (starting a ¼ turn right), step right foot to right side(completing ¼ turn right), step left foot to side parallel to original wall

## WEAVE LEFT, HEEL HOLD, WEAVE RIGHT, HEEL HOLD

1&2            Cross right foot behind left, step left foot to left, cross right foot over left  
&3-4           Step left foot to side, tap right heel out, hold  
&5              Quickly step down on right, cross left foot behind right  
&6              Step right to side, cross left foot over right  
&7-8           Step right to right side, tap left heel out, hold  
&              Step back on ball of left foot while hitching right

REPEAT

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