Back-Tracking

拍数: 64 墙数: 2 级数: Intermediate

编舞者: Stephen Sunter (UK)

音乐: How Do I Live (Mr. Mig Remix) - LeAnn Rimes

RIGHT SAILOR SHUFFLE, LEFT SAILOR SHUFFLE, BACK RIGHT ¼ TURN, BACK LEFT, FORWARD RIGHT ¼ TURN, SIDE LEFT

1&2	Step right foot behind left, step left foot to left, step right to right
3&4	Step left foot behind right, step right foot to right, step left to left
5-6	Step back on right foot making ¼ turn right, step left foot next to right
7-8	Step forward on right foot making ¼ turn right, step left foot to left side
9-16	Repeat counts 1-8

STEP RIGHT, LEFT BEHIND, HITCH LEFT, POINT LEFT, HITCH LEFT, LEFT IN FRONT OF RIGHT, TWIST

17-18	Step right foot to right side, step left behind right
&19-20	Step right foot to right side, hitch left knee, point left toe to left side
21-22	Hitch left knee, cross step left in front of right foot
23-24	Twist heels right and you upper body left, twist back to center

STEP LEFT, RIGHT BEHIND, HITCH RIGHT, POINT RIGHT, HITCH RIGHT, RIGHT IN FRONT OF LEFT, TWIST

25-26	Step left foot to left side, step right behind left
&27-28	Step left foot to left side, hitch right knee, point right toe to right side
29-30	Hitch right knee, cross step right in front of left foot
31-32	Twist heels left and you upper body right, twist back to center

1 ¼ TURN RIGHT, RIGHT SHUFFLE, ROCK FORWARD, ROCK BACK, ½ SHUFFLE TURN LEFT

33-34	Step right pivoting ¾ turn on the ball of right foot, step left pivoting ½ on the ball of left foot

You should have completed a 1 ¼ turn to the right, traveling to your right

35&36	Step right forward, slide left next to right, step right forward
37-38	Rock forward on left foot, rock weight back onto right foot
39&40	Making ½ turn left step forward on left foot, slide right next to left, step left forward

FULL TURN, RIGHT SHUFFLE, ROCK BACK, STEP BACK RIGHT, UNWIND ½ TURN RIGHT, ¼ TURN STEP LEFT

41-42	Step right making ½ turn left, step left making ½ turn left

These turns are a forward continuation of 39 & 40. You should have completed a full turn left. You are now facing ¼ left from your starting position

43&44	Step right forward, slide left next to right, step right forward
45-46	Rock weight back on to left foot, point right foot back
47-48	Unwind ½ turn right placing weight onto right foot, making ¼ turn right step left foot to left

RIGHT BEHIND LEFT, CLAP, SIDE STEP LEFT, SIDE STEP RIGHT, REPEAT STARTING WITH LEFT

49-50	Step right foot behind left, hold and clap
51-52	Step left to left side, step right to right side
53-54	Step left foot behind right, hold and clap
55-56	Step right to right side, step left to left side
57-64	Repeat counts 49-56

On the last 16 counts with each step you should travel backwards slightly.

REPEAT