

The Right Track

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Robbie McGowan Hickie (UK) - March 2011
音乐: All the Way - Paul Bailey : (CD: Single)



32 Count intro

Alternatives:

“Sleepin’ On The Foldout” by Brad Paisley (134 bpm...16 Count intro) CD “Who Needs Pictures”
“Tricky Moon” by George Ducas (136 bpm...32 Count intro) CD...“Where I Stand”

4 Count Vine Right. Right Side Rock. Right Cross Shuffle.

- 1-4 Step Right to Right side. Cross Left behind Right. Step Right to Right side. Cross step Left over Right.
5-6 Rock Right out to Right side. Recover weight on Left.
7&8 Cross step Right over Left. Step Left to Left side. Cross step Right over Left.

Left Rumba Box with Sweep.

- 1-2 Step Left to Left side. Close Right beside Left.
3-4 Step forward on Left. Touch Right toe beside Left.
5-6 Step Right to Right side. Close Left beside Right.
7-8 Step back on Right. Sweep Left out and around from Front to Back. (Weight on Right)

Behind. Side. Cross. Sweep. Cross. Side. Behind. Sweep.

- 1-3 Cross step Left behind Right. Step Right to Right side. Cross step Left over Right.
4 Sweep Right out and around from Back to Front.
5-7 Cross step Right over Left. Step Left to Left side. Cross Right behind Left.
8 Sweep Left out and around from Front to Back.

Back Rock. Chasse 1/4 Turn Left. Right Toe Strut 1/2 Turn Left. Left Toe Strut 1/2 Turn Left.

- 1-2 Rock back on Left. Rock forward on Right.
3&4 Step Left to Left side. Close Right beside Left. Make 1/4 turn Left stepping forward on Left.
5-6 Make 1/2 turn Left stepping back on Right toe. Drop Right heel to floor.
7-8 Make 1/2 turn Left stepping forward on Left toe. Drop Left heel to floor. (Facing 9 o'clock)

Cross. Diagonal Step Back (Left & Right). Cross. Diagonal Step Back Right. Side Step Left. Cross Rock.

- 1-2 Cross step Right over Left. Step Left Diagonally back Left.
3-4 Step Right Diagonally back Right. Cross step Left over Right.
5-6 Step Right Diagonally back Right. Step Left to Left side. (Straightening Up to 9 o'clock)
7-8 Cross rock Right over Left. Rock back on Left.

Chasse 1/4 Turn Right. Step. Pivot 1/4 Turn Right. Weave Right.

- 1&2 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping forward on Right.
3-4 Step forward on Left. Pivot 1/4 turn Right. (Facing 3 o'clock)
5-8 Cross step Left over Right. Step Right to Right side. Cross Left behind Right. Step Right to Right side.

Cross Rock. Side Step Left. Drag. Back Rock. Step Forward. Scuff.

- 1-2 Cross rock Left over Right. Rock back on Right.
3-4 Long step Left to Left side. Drag Right beside Left. (Weight on Left)
5-6 Rock back on Right. Rock forward on Left.
7-8 Step forward on Right. Scuff Left forward and across Right.

Cross. 2x 1/4 Turns Left. Touch. Side Step Right. Touch. Left Diagonal Step Forward. Touch.

- 1-2 Cross step Left over Right. Make 1/4 turn Left stepping back on Right.
- 3-4 Make 1/4 turn Left stepping Left to Left side. Touch Right toe beside Left. (Facing 9 o'clock)
- 5-6 Step Right to Right side. Touch Left toe beside Right.
- 7-8 Step Left Diagonally forward Left. Touch Right toe beside Left.

Start Again
