

The Right Track

拍數: 32 牆數: 2 級數: Improver
編舞者: William Sevone (UK)
音樂: The Right Track - Billy Butler & The Enchanters



2X FORWARD DIAGONAL PUSH STEP-SIDE STEP, CROSS STEP, ½ LEFT (6:00)

- 1-2 Push step right foot diagonally forward left, step onto left foot
- 3-4 Step right foot slightly to right side, push step left foot diagonally forward right
- 5-6 Step onto right foot, step left foot slightly to left side
- 7-8 Cross step right foot over left, unwind ½ left (weight on right foot)

2X BACKWARD DIAGONAL PUSH STEP-SIDE STEP, STEP BEHIND, ¾ LEFT (9:00)

- 9-10 Push step left foot diagonally backward right, step onto right foot
- 11-12 Step left foot slightly to left side, push step right foot diagonally backward left
- 13-14 Step onto left foot, step right foot slightly to right side
- 15-16 Cross step left foot behind right, unwind ¾ left (weight on left foot)

FORWARD SHUFFLE, FORWARD PUSH STEP, BACKWARD SHUFFLE, STEP BACKWARD, ½ LEFT STEP FORWARD (3:00)

- 17&18 Step forward onto right foot, close left foot next to right, step forward onto right foot
- 19-20 Push step left foot forward, step onto right foot
- 21&22 Step backward onto left foot, close right foot next to left, step backward onto left foot
- 23-24 Step backward onto right foot, turn ½ left & step forward onto left foot

FORWARD SHUFFLE, PUSH STEP, BACKWARD SHUFFLE, ¼ RIGHT SIDE ROCK, ROCK STEP (6:00)

- 25&26 Step forward onto right foot, close left foot next to right, step forward onto right foot
- 27-28 Push step left foot forward, step onto right foot
- 29&30 Step backward onto left foot, close right foot next to left, step backward onto left foot
- 31-32 Turn ¼ right & rock right foot to right side, rock step onto left foot

If more comfortable, you can replace the push steps with rocks

REPEAT
