

The Trace

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gloria Johnson (USA)
音樂: Big Time - Trace Adkins



RIGHT VINE WITH ¼ TURN, CROSS-UNWIND

- 1-2 Step right foot to right side; cross-step left behind right
- 3-4 Turning ¼ right, step on right foot; point left toe to left side
- 5-6 Cross-step left foot over right; point right toe to right side
- 7-8 Cross-step right foot over left; unwind by pivoting ½ turn left, shifting weight to left foot.

REVERSE VINE LEFT, REVERSE VINE RIGHT

- 9-10 Cross-step right foot over left; step left foot to left side
- 11-12 Cross-step right foot over left; kick left foot forward
- 13-14 Cross-step left foot over right; step right foot to right side
- 15-16 Cross-step left foot over right; kick right foot forward

BACK STEPS WITH KICKS

- 17-18 Bending right knee slightly, step right foot back; straightening right knee, kick left foot forward
- 19-20 Bending left knee slightly, step left foot back; straightening left knee, kick right foot forward
- 21-22 Bending right knee slightly, step right foot back; straightening right knee, kick left foot forward
- 23-24 Bending left knee slightly, step left foot back; straightening left knee, kick right foot forward.

BACK STEPS WITH ½, FORWARD STEPS, PIVOT TURNS

- 25-26 Step right foot back; step left foot back
- 27-28 Turning ½ right, step right foot forward; step left foot forward
- 29-30 Step right foot forward; pivot ½ turn left
- 31-32 Step right foot forward; pivot ½ turn left.

REPEAT
