

Track Me Down

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數:
編舞者: Gemma Bramley
音樂: Trackin' - Billy Crawford



-
- 1&2 Hitch right knee across left leg, point right toe to right side, turn $\frac{1}{4}$ left changing weight to right foot
- 3&4 Left shuffle forward
- 5-6 Press ball of right foot to right side, rock back onto left foot
- 7&8 Step right foot behind left, step left foot to left side, cross right over left
-
- 1-2 Turning $\frac{1}{4}$ turn to right on ball of right, rock left to left side, rock weight back on to right foot
- 3&4 Left sailor step
- 5-6 Cross right behind left, unwind $\frac{3}{4}$ turn right
- 7&8 Left kick ball touch
-
- 1-2& Step right to right side, step left behind right, step right to right side
- 3&4 Hitch left knee across right leg, point left toe to left side, turn $\frac{1}{4}$ turn to left
- 5&6 Left shuffle forward
- 7&8 Step right foot forward, hitch left knee forward, point left toe back
-
- 1&2 Bounce heels $\frac{1}{2}$ turn to left. (option- swivel heels)
- 3&4 Left coaster step
- 5-6 Step right foot forward, touch left foot behind right
- &7 Step down on left foot, kick right foot forward
- &8 Turning $\frac{1}{4}$ turn right rock to right side, rock weight back onto left foot

REPEAT
