

Trackin'

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Noki (NL)
音樂: Trackin' - Billy Crawford



Beginning of the dance: face 9:00

JUMPING JACKS WITH ¼ TURN TO THE LEFT

- 1 Jump both feet slightly apart
- & Jump both feet together
- 2 Jump both feet slightly apart
- & Scoot on left foot and ¼ turn to the left
- 3 Jump both feet slightly apart
- & Jump both feet together
- 4 Jump both feet slightly apart
- & Scoot on left foot and ¼ turn to the left

- 5 Jump both feet slightly apart
- & Jump both feet together
- 6 Jump both feet slightly apart
- & Scoot on left foot and ¼ turn to the left
- 7 Jump both feet slightly apart
- & Jump both feet together
- 8 Jump both feet slightly apart

DOUBLE STEPS, WALKS WITH FULL TURN TO THE RIGHT, JUMP AND HOOK

- 9 Tap right foot (feet are still slightly apart))
- 10 Step right foot
- 11 Tap left foot
- 12 Step left foot

- 13 Turn 1/3 to the right stepping right foot forward
- 14 Turn 1/3 to the right stepping left foot forward
- 15 Turn 1/3 to the right stepping right foot forward
- & Left foot big step forward (jump slightly)
- 16 Right foot hooks into knee of left-leg

HOKED KNEE-POPS, SLIDE, JUMP OUT, FULL UPPER BODY TURN TO THE LEFT

- 17 Turn right-knee to the left
- & Turn right-knee to the right
- 18 Turn right-knee to the left
- 19 Right foot big step to the side
- 20 Left foot step beside right foot

- 21-24 Jump both feet slightly apart and lean with your upper body slightly to the right and forward, move your upper body in a circle to the left in 4 counts (starting at count 21)

LEG LIFTS, KNEE POP, COASTER STEP, ¼ TURN, SCOOT, KNEE POP

- 25 Weight on left foot and raise your right-leg
- & Right foot down
- 26 Weight on left foot and raise your right-leg
- & Right foot down

- 27 Weight on left foot and raise your right-leg
 & Right foot down
 28 Right-knee up and bent your upper body to that knee
- 29 Right foot backward
 & Left foot step beside right foot
 30 Right foot step forward
 31 $\frac{1}{4}$ turn to the right and scoot on right foot (left foot slightly bent and raised)
 & Scoot right foot
 32 Scoot right foot and raise left-knee and bent your upper body to that knee

SCOOTS, $\frac{3}{4}$ TURN TO THE RIGHT, SCOOT, FULL TURN TO THE LEFT, TOE LIFTS WITH ARM MOVEMENTS

- 33 Scoot on right foot and turn $\frac{1}{4}$ to the right
 & Scoot on right foot and turn $\frac{1}{4}$ to the right
 34 Scoot on right foot and turn $\frac{1}{4}$ to the right and touch left foot to the side
 35 Scoot on right foot and turn $\frac{1}{3}$ to the left
 & Scoot on right foot and turn $\frac{1}{3}$ to the left
 36 Turn $\frac{1}{3}$ to the left and jump both feet apart
- 37 Lift toes of both feet and raise right-arm
 & Drop toes and drop right-arm
 38 Lift toes of both feet and raise left-arm
 & Drop toes and drop left-arm
 39 Lift toes of both feet and raise both arms
 & Drop toes and drop both arms
 40 Jump both feet together

KICKS, BODY ROLL, SIDE TOUCHES, KNEE, STOMP

- 41 Kick right foot to the side
 & Step right foot next to left foot
 42 Kick left foot to the side
 & Step left foot next to right foot
 43 Right foot step backward and start body roll
 44 Finish body roll (weight is on right foot)
- 45 Left foot touch to the side
 & Step left foot next to right foot
 46 Right foot touch to the side
 & Step right foot next to left foot
 47 Left foot touch to the side
 & Raise left-knee
 48 Left foot stomp next to right foot

REPEAT

TAG

After wall 1, 3 and half way wall 5

V-STEP

- 1 Right foot step diagonally forward
 2 Left foot step diagonally forward
 3 Right foot step back
 4 Step left foot next to right foot

At the end of wall 4 (count 48) don't stomp your left foot next to your right foot but just touch your left foot to

the side. After that you start with count 33 of the dance. Dance the tag again after this part. After wall 5 you have to dance this dance 3 times but only till count 32. (but don't make the $\frac{1}{4}$ turn in count 31. Just scoot forward and on count 32 stomp left foot next to right foot)
