

Trackin' With Me

COPPER KNOB
BY STEPHENETS

拍數: 0 牆數: 1 級數: Intermediate/Advanced
編舞者: Marco Maselli (BEL)
音樂: Trackin' - Billy Crawford



Sequence: ABCA, Tag, BCA, Tag, CAA Tag, Tag, Tag Tag

PART A: CHORUS:

SCUFF, TOUCH BEHIND, TOE JACKS, SIDE ROCK, BEHIND-SIDE-CROSS

- 1-2 Right foot scuff forward, right foot touch toe behind left foot
&3&4 Right foot small step back, left foot point forward, left foot step on place, right foot touch beside left foot
5-6 Right foot rock to right side, left foot rock back on place
7&8 Right foot cross step behind left foot, left foot step to left side, right foot cross over left foot

¼ TURN LEFT, STEP FORWARD, STEP-LOCK-STEP, PIVOT ¼ TURN, CROSS SHUFFLE

- 1-2 ¼ turn left stepping left foot forward, right foot lock behind left foot
3&4 Left foot step forward, right foot lock behind left foot, left foot step forward
5-6 Right foot step forward, right foot and left foot ¼ turn left
7&8 Right foot cross step over left foot, left foot step left, right foot cross step over left foot

SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE TURN, OUT-OUT, IN-IN

- 1-2 Left foot rock on left side, right foot rock back in place
3&4 Left foot cross over right foot, right foot step right side, left foot cross over right foot
5-6 Right foot step right making ½ turn left, left foot step to left side
&7&8 Right foot small step out to right side, left foot small step out to left side, right foot bring back to center, left foot bring back to center

SCUFF, TOUCH BACK, TOE JACKS WITH ¼ TURN RIGHT, SIDE ROCK, SAILOR ¼ TURN LEFT, TOUCH

- 1-2 Right foot scuff forward, right foot touch behind left foot
&3&4 Right foot small step back, left foot point forward, left foot step in place with ¼ turn to right, right foot touch beside left foot
5-6 Right foot rock on right side, left foot rock back in place
7&8 Right foot cross behind left foot, left foot step left with ¼ turn left, right foot touch beside left foot

PART B: VERSE

STEP, PIVOT ½ LEFT, STEP-LOCK-STEP, FORWARD ROCK, BACK ROCK WITH ¼ TURN LEFT, LEFT SIDE CHASSE

- 1-2 Right foot step forward, right foot and left foot pivot ½ turn left
3&4 Right foot step forward, left foot lock behind right foot, right foot step forward
5-6 Left foot rock forward, right foot rock back making ¼ turn left
7&8 Left foot step left, right foot bring together with left foot, left foot step left

TOUCH FORWARD, SIDE, SAILOR ½ TURN RIGHT, TOUCH FORWARD, TOUCH SIDE, SAILOR ¼ TURN LEFT

- 1-2 Right foot point forward, right foot point to right side
3&4 Right foot cross behind left foot, left foot step left with ½ turn right, right foot step right
5-6 Left foot point forward, left foot point to left side
7&8 Left foot cross behind right foot, right foot step right with ¼ left side, left foot step left

JUMP FEET APART, JUMP TO CROSS RIGHT FOOT IN FRONT OF LEFT FOOT, BOUNCE HEELS TURNING ½ LEFT, STEP, LOCK, STEP-LOCK-STEP

- 1-2 Right foot and left foot jump feet apart, right foot and left foot jump to cross right foot over left foot
- 3&4 Right foot and left foot with weight on toes: bounce heels three times turning ½ turn left (weight finishes on left foot)
- 5-6 Right foot step forward, left foot lock behind right foot
- 7&8 Right foot step forward, left foot lock behind right foot, right foot step forward

STEP FORWARD, STEP BESIDE, TOE FANS, HEELS APART, APPLE JACK

- 1-2 Left foot step forward, right foot step beside left foot
- 3&4 Left foot swivel toe to left, right foot swivel toe to right, right foot and left foot bring toes back to center
- 5-6 Left foot swivel heel to left, right foot swivel heel to right
- 7& Left foot swivel toe to left and right foot swivel heel to left, right foot and left foot bring back to center
- 8& Right foot swivel toe to right and left foot swivel heel to right, left foot and right foot bring back to center (weight finishes on left foot)

PART C: BRIDGE

FORWARD KICK, SWING HEEL OUT, SWING HEEL ACROSS - OUT - ACROSS, RIGHT SIDE STEP, CLOSE, RIGHT CHASSE

- 1-2 Right foot kick forward, right foot swing to right
- 3&4 Right foot swing to left in front of left knee, right foot swing to right, right foot swing to left in front of left knee
- 5-6 Right foot step right, left foot step together with right foot
- 7&8 Right foot step right, left foot step together with right foot, right foot step right

CROSS LEFT, UNWIND FULL TURN RIGHT, LEFT CHASSE, ROCK & STEP, SIDE JUMPS

- 1-2 Left foot cross over right foot, right foot and left foot unwind 1 full turn to right (weight finishes on right foot)
- 3&4 Left foot step left, right foot step together with left foot, left foot step left
- 5&6 Right foot crossed rock over left foot, left foot rock backward, right foot step beside left foot (weight on both feet)
- 7&8 Right foot and left foot three little jumps to the right looking front wall

JUMP FEET APART, TOGETHER FACING RIGHT, REPEAT FACING LEFT

- 1& Left foot and right foot jump both feet apart, left foot and right foot jump both feet together looking on right side
- 2& Left foot and right foot jump both feet apart looking on right side, left foot and right foot jump both feet together looking front wall
- 3& Left foot and right foot jump both feet apart, left foot and right foot jump both feet together looking on left side
- 4& Left foot and right foot jump both feet apart looking on left side, left foot and right foot jump both feet together looking front wall (weight finishes on left foot)

TAG

SIDE, BEHIND, HEELS JACKS RIGHT & LEFT

- 1-2 Right foot step right, left foot cross behind right foot
- &3&4 Right foot step right, left foot tap heel diagonally to left, left foot step beside right foot, right foot cross over left foot
- 5-6 Left foot step left, right foot cross behind left foot
- &7&8 Left foot step left, right foot tap heel diagonally to right, right foot step beside left foot, left foot cross over right foot

SIDE ROCK, RECOVER, TRIPLE STEP WITH $\frac{3}{4}$ TURN RIGHT, FORWARD ROCK, RECOVER, TRIPLE $\frac{3}{4}$ TURN LEFT

- 1-2 Right foot rock on right side, left foot rock back in place
3&4 Right foot $\frac{1}{4}$ turn right, left foot $\frac{1}{4}$ turn right, right foot $\frac{1}{4}$ turn right
5-6 Left foot rock forward, right foot rock back
7&8 Left foot $\frac{1}{4}$ turn left, right foot $\frac{1}{4}$ turn left, left foot $\frac{1}{4}$ turn left
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