

# Tracks 2-10-S-E

拍數: 32      牆數: 4      級數: Improver  
編舞者: Chris Hodgson (UK)  
音樂: On the Tracks to Tennessee - Paul Rutter



## CHASSE RIGHT / CROSS ROCK / CHASSE LEFT ½ TURN / SHUFFLE

- 1&2      Step right to right side, step left next to right, step right to right side  
3-4      Cross rock left over in front of right, rock weight back onto right foot  
5&6      Step left to left side, step right next to left, step left to left side making ½ turn left on ball of left foot  
7&8      Shuffle forward on right-left-right

## ROCK STEP / COASTER STEP / MONTEREY TURN

- 1-2      Step forward on left foot, rock weight back onto right foot  
3&4      Step back on left foot, step right foot next to left, step forward on left  
5-6      Touch right toe to right side, spin ½ turn right stepping right foot next to left  
7-8      Touch left toe to left side, step left foot next to right

## CROSS ROCK / & CROSS-HOLD / & HEEL & CROSS / UNWIND ½ / OUT-OUT

- 1-2      Cross rock right over in front of left, rock weight back onto left foot  
&3      Step right foot in place, cross step left over in front of right  
4      Hold position for one count  
&5      Step right to right side, touch left heel diagonally forward left  
&6      Step left foot in place, cross step right over in front of left  
7      Unwind ½ turn left  
&8      Small step to right on right foot, small step to left on left foot

## CROSS-ROCK / ¼ TURN SHUFFLE / STEP ½ TURN / SHUFFLE

- 1-2      Cross right foot over in front of left, rock weight back onto left foot  
3&4      Making ¼ turn right shuffle on right-left-right  
5-6      Step forward on left foot, pivot ½ turn right  
7&8      Shuffle forward on left-right-left

**REPEAT**

---