

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
