

The Trail (Wheelchair)

COPPER KNOB
STEPPERS

拍數: 64

牆數: 2

級數: Intermediate wheelchair dance

編舞者: Wild Bill McKechnie (UK)

音樂: Trail of Tears - Billy Ray Cyrus



FIST, HEEL, HOOK, HEEL, HOOK, HEEL, FIST, IN PLACE

- 1-2 Make a fist with right hand & point it at groin, put heel of hand forward
- 3-4 Touch left shoulder with right fist, put heel of hand forward
- 5-6 Touch left shoulder with right fist, put heel of hand forward
- 7-8 Make a fist with right hand & point it at groin, place your right hand back on your right leg

FIST, HEEL, HOOK, HEEL, HOOK, HEEL, FIST, IN PLACE

- 9-10 Make a fist with left hand & point it at groin, put heel of hand forward
- 11-12 Touch right shoulder with right fist, put heel of hand forward
- 13-14 Touch right shoulder with left fist, put heel of hand forward
- 15-16 Make a fist with left hand & point it at groin, place your left hand back on your left leg

ELBOW, HAND, ELBOW, HAND, HAND, ELBOW, HAND, ELBOW

- 17-18 Fan right elbow out, then hand
- 19-20 Fan right elbow out, then hand
- 21-22 Fan left hand in, then elbow in
- 23-24 Fan left hand in, then elbow in

RIGHT & LEFT ELBOW POPS WITH HOLDS

- 25-26 Raise right elbow, hold
- 27-28 Drop right & raise left elbow, hold
- 29-30 Drop left & raise right, drop right & raise left
- 31-32 Drop left & raise right, drop right & raise left

POINT, THUMB, ¼ TURN RIGHT, POINT, THUMB, ¼ TURN RIGHT

- 33-34 Point right hand forward, hold
- 35-36 Point right thumb back over right shoulder, hold
- 37-40 Turn ¼ turn right
- 41-48 Repeat moves 33-40

ROLL, BRUSH, ROLL, BRUSH, ROLL, BRUSH, ROLL, BRUSH

- 49-50 Roll chair forward, brush right hand forward on right leg
- 51-52 Roll chair forward, brush left hand forward on left leg
- 53-54 Roll chair forward, brush right hand forward on right leg
- 55-56 Roll chair forward, brush left hand forward on left leg

POINT, THUMB, POINT, THUMB, POINT, THUMB, POINT, THUMB

- 57-58 Point right hand forward, point left thumb back over left shoulder
- 59-60 Point right thumb back over right shoulder, point left hand forward
- 61-62 Point right hand forward, point left thumb back over left shoulder
- 63-64 Point right thumb back over right shoulder, point left hand forward

REPEAT

Tag

When facing the back wall for the fourth time, when you get to the elbow raises, instead of doing 4 quick ones, do 8 quick ones then go back to the beginning of the dance

