

Trailblazer

拍數: 48 牆數: 1 級數: contra dance
編舞者: Joey McCauley (UK) & Denis Philpott (UK)
音樂: (If You're Not In It for Love) I'm Outta Here! - Shania Twain



- 1-4 Tap the right heel to right side, turn the foot and tap the right toe. At the same place. Turn the foot and tap the right heel at the same place, then step the right foot next to the left foot
- 5-8 Tap the left heel to the left side, turn the foot and tap the left toe. At the same place, turn the foot and tap the left heel at the same place, then step the left foot next to the right foot
- 9-12 Step forward on the right foot and pivot ½ turn to the left, step forward on the right foot and pivot ½ turn to the left
- 13&14 Shuffle forward stepping right-left-right
- 15&16 Shuffle forward stepping left-right-left

Lines cross during this sequence

KICK BALL CHANGE

- 17&18 Kick the right foot forward, step the right foot next to the left foot and step the left foot next to the right foot (2 counts)

TRIPLE STEP

- 19&20 Step on the right foot, then step on the left foot and step on right foot
- 21-22 Moving in a line to the left, turn one complete turn to the left over 2 counts, stepping left foot, then right foot
- 23&24 Step on the left foot, then step on the right foot and step on left foot
- 25-28 Step back on ball of right foot-turning the head over the right shoulder, lower the right heel and clap, step back on ball of left foot-turning the head over the left shoulder and lower the left heel and clap

Lines travel back during this sequence

- 29-32 Repeat steps 25-28 (lines travel back during this sequence)
- 33-34 Moving in a line to the right, turn one complete turn to the right over two counts, stepping right foot then left foot

TRIPLE STEP

- 35&36 Step on the right foot, then step on the left foot and step on the right foot
- 37&38 Kick the left foot forward, step the left foot next to the right foot and touch the right foot to the right side (2 counts)
- 39-40 Cross step the right foot in front of left foot and unwind ½ turn to the right
- 41-44 Repeat steps 37-40
- 45-46 Stomp the left foot next to the right foot and stomp the right foot next to the left foot

TRIPLE STEP

- 47&48 Step on the left foot, then step on the right foot and then step on the left foot

REPEAT