拍數： 32
侢數： 4
級數：Improver
編舞者：William Sevone（UK）
音樂：634－5789－Trace Adkins


#### Abstract

Choreographer＇s note：I have given this dance a bridge option，for the simple reason that when using the song by Trace Adkins it slows down to almost a stop near the end of the song．Some DJs may want to finish the music there，but if allowed to continue and by using the very simple Bridge，the dancer will be able to continue the dance for nearly three more walls．For those of you into the＇sing－along－song＇thing then check out the＇alternative music＇．Dance starts with feet together and weight on the left foot


## 2X KNEE＇POPS＇，KICKING HEEL SWITCH，HEEL－STEP－CROSS，SIDE ROCKS

| 1－2 | Pop right knee forward，pop left knee forward |
| :--- | :--- |
| $3 \& 4$ | Kick right foot forward，step right foot next to left，touch left heel forward |
| $\& 5$ | Step left foot next to right，touch right heel forward |
| $\& 6$ | Step right foot next to left，cross step left foot over right |
| $7-8$ | Rock right foot to right side，rock onto left foot |

SAILOR STEP WITH ½ RIGHT，HEEL－STEP－CROSS， 2 X SIDE ROCKS，SYNCOPATED STEP－LOCK－ STEP
9\＆10 Cross step right foot behind left，turn $1 / 4$ right \＆step left foot next to right，turn $1 / 4$ right \＆step forward onto right foot，
11\＆12 Touch left heel forward，step left foot next to right，cross step right foot over left
13－14 $\quad$ Rock left foot to left side，rock onto right foot
15\＆16 Turn $3 / 4$ left \＆step forward onto left foot，lock right foot behind left heel，step forward onto left foot

## SYNCOPATED STEP－LOCK－STEP，SIDE－CROSS－SIDE TOE TOUCHES，½ LEFT，CROSS TOUCH，SIDE ROCK

17\＆18 Step forward onto right foot，lock left foot behind right heel，step forward onto right foot
19－20 Touch left toe to left side，cross touch left toe behind right foot
21－22 Touch left toe to left side，turn $1 / 2$ left \＆step left foot to left side
23－24 Cross touch right foot over left，rock right foot to right side

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2X SIDE ROCKS，¼ LEFT SYNCOPATED STEP－LOCK－STEP，SIDE STEP，¼ LEFT，STEP FORWARD， STEP
25－26 Rock onto left foot，rock onto right foot
27\＆28 Turn \(1 / 4\) left \＆step forward onto left foot，lock right foot behind left heel，step forward onto left foot
29－30 Step right foot to right side，turn \(3 / 4\) left \＆step forward onto left foot
31－32 Step forward onto right foot，step left foot next to right
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REPEAT
OPTIONAL BRIDGE
（Only when using the Trace Adkins song）At the end of the 9th wall（the music has already started to slow down slightly）do the following：
1－2 Turn diagonally right tapping right heel \＆clicking right fingers，tap right heel \＆click right fingers
3－4 Turn diagonally left tapping left heel \＆clicking left finger，tap left heel \＆click left fingers Repeat the above four counts four more times（ 20 counts in total）－then continue the dance
(Only if Optional Bridge has been used) On the 12th wall after count 24 do the following:

