

Cat Tracks

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Bev Fluck (USA) & Ed Fluck (USA)
音樂: When Country Comes To Town - Toby Keith



HEEL TOE SWIVEL, TOE HEEL TOUCH

1-2 Swivel both heels left, swivel both toes left
3-4 Touch right heel forward, touch right toe back

MONTEREY TURN

5-6 Touch right toe right, pivot ½ turn right on left foot and step right next to left
7-8 Touch left toe to left, step left foot next to right

ROCK BACK, ROCK FORWARD, STEP FORWARD ½ TURN, BUMP HIPS

9-10 Rock back on right foot, rock forward on left foot
11-12 Step right foot forward pivot ½ turn left on left foot
13-14 Bump right hips twice
15-16 Bump left hips twice

RIGHT KICK BALL CHANGE, KICK BALL CHANGE

17&18 Kick right foot forward, step on ball of right foot, step on left foot
19&20 Kick right foot forward, step on ball of right foot, step on left foot

JUMP OUT-OUT, HEEL, TOE, HEEL SWIVEL

&21 Jump right foot to right, left foot to left (shoulder length apart)
22-24 Swivel heels in, swivel toes in, swivel heels home

RIGHT KICK BALL CHANGE, KICK BALL CHANGE

25&26 Kick right foot forward, step on ball of right foot, step on left foot
27&28 Kick right foot forward, step on ball of right foot, step on left foot

JUMP OUT-OUT, HEEL, TOE, HEEL SWIVEL

&29 Jump right foot to right, left foot to left (shoulder length apart)
30-32 Swivel heels in, swivel toes in, swivel heels home

ROCK FORWARD, ROCK BACK, ROCK BACK, ROCK FORWARD, STEP FORWARD, ¼ PIVOT, STEP RIGHT, LEFT

33-34 Rock right foot forward, rock back on left
35-36 Rock right foot back, rock forward on left
37-38 Step forward on right, ¼ turn left on left foot
39-40 Step forward right, step left next to right

REPEAT
