

# Back Track

拍數: 44      牆數: 4      級數: Beginner  
編舞者: Montana Western Dancers Of England (UK)  
音樂: I Feel Lucky - Mary Chapin Carpenter



## STEP TOUCH DIAGONALS

Move at 45 degree angles when doing these steps.

- 1 Step back on right foot
- 2 Left foot touch beside right
- 3 Step back on left foot
- 4 Right foot touch beside left
- 5 Step back on right foot
- 6 Left foot touch beside right
- 7 Step back on left foot
- 8 Right foot touch beside left

## RIGHT HEEL HOOKS

- 1 Right heel forward
- 2 Right foot cross in front of left leg
- 3 Right heel forward
- 4 Right foot cross in front of left leg

## RIGHT GRAPEVINE

- 1 Right foot step to the right side
- 2 Left foot cross behind right
- 3 Right foot step to the right side
- 4 Left toe touch behind right foot

## LEFT HEEL HOOKS

- 1 Left heel forward
- 2 Left foot cross in front of right leg
- 3 Left heel forward
- 4 Left foot cross in front of right leg

## LEFT GRAPEVINE

- 1 Left foot step to the left side
- 2 Right foot cross behind left
- 3 Left foot step to the left side
- 4 Right foot touch beside left foot

## ROCK, ROCK, ROCK, HOP

- 1 Step forward and rock on right foot
- 2 Rock back on left foot
- 3 Rock forward on right foot
- 4 Hop on right while raising left knee in a hitch

## ROCK, ROCK, ROCK, HOP

- 1 Step forward and rock on left foot
- 2 Rock back on right foot
- 3 Rock forward on left foot
- 4 Hop on left while raising right knee in a hitch

**STEP FORWARD STEP BACK**

- 1 Step forward on right foot (raise left foot slightly)
- 2 Step in place with left foot
- 3 Step back on right foot (raise left foot slightly)
- 4 Step in place with left foot
- 5 Step forward on right foot (raise left foot slightly)
- 6 Step in place with left foot
- 7 Step back on right foot (raise left foot slightly)
- 8 Step in place with left foot

**STEP, PIVOT, STOMP, STOMP**

- 1 Step forward on right foot
- 2 Pivot  $\frac{1}{4}$  turn to the left
- 3 Right foot stomp beside left foot
- 4 Right foot stomp beside left foot

**REPEAT**

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