

Back Track

拍數: 48 牆數: 4 級數: Beginner
編舞者: Dan Albro (USA)
音樂: Shortenin' Bread - The Tractors



STOMP, HOLD, LEFT SAILOR SHUFFLE, SCOOT BACK

1-2 Stomp right foot, hold
3&4 Cross left foot behind right, step right foot to right side, step left foot next to right
& Scoot back on left foot while hitching right leg

STOMP, HOLD, LEFT SAILOR SHUFFLE, SCOOT BACK

5-6 Stomp right foot, hold
7&8 Cross left foot behind right, step right foot to right side, step left foot next to right
& Scoot back on left foot while hitching right leg

RIGHT AND LEFT SHUFFLES FORWARD, TWO-HALF PIVOT TURNS LEFT

1&2 Step right foot forward, step left foot next to right, step right foot forward
3&4 Step left foot forward, step right foot next to left, step left foot forward
5-6 Step forward on right foot, pivot ½ left
7-8 Step forward on right foot, pivot ½ left

BACK TRACK; HEEL SWITCHES BACK TO STARTING POSITION

1&2 Tap right heel forward, step back on right foot, tap left heel in place
&3&4 Step back on left foot, tap right heel in place, step back on right foot, tap left heel in place

CROSS, HOLD, FULL TURN, CLAP

&5-6 Step left foot back to center, cross right foot over left, hold
7-8 Unwind for a full turn left, clap hands on the hold

VINE RIGHT WITH WALK AROUND FULL TURN, AND TWO HALVES

1-3 Step right, cross left foot behind right, step right making a ¼ turn right
4-5 Step forward on left foot, pivot ½ turn stepping forward on right
6 ¼ turn right stepping side left (facing original wall)
7-8 Full turn to the right traveling toward your left wall, stepping right, left (facing original wall)

SAIL AROUND THE WORLD

1&2 Cross right foot behind left (starting a ¼ turn right), step left foot to left side(completing ¼ turn right), step right foot to side parallel to new wall
3&4 Cross left foot behind right (starting a ¼ turn right), step right foot to right side(completing ¼ turn right), step left foot to side parallel to new wall
5&6 Cross right foot behind left (starting a ¼ turn right), step left foot to left side(completing ¼ turn right), step right foot to side parallel to new wall
7&8 Cross left foot behind right (starting a ¼ turn right), step right foot to right side(completing ¼ turn right), step left foot to side parallel to original wall

WEAVE LEFT, HEEL HOLD, WEAVE RIGHT, HEEL HOLD

1&2 Cross right foot behind left, step left foot to left, cross right foot over left
&3-4 Step left foot to side, tap right heel out, hold
&5 Quickly step down on right, cross left foot behind right
&6 Step right to side, cross left foot over right
&7-8 Step right to right side, tap left heel out, hold
& Step back on ball of left foot while hitching right

REPEAT
