

Backtracking

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Stephen Sunter (UK)
音樂: How Do I Live (Mr. Mig Remix) - LeAnn Rimes



RIGHT & LEFT SAILOR STEPS, ¼ TURNS RIGHT TWICE

1&2 Cross right behind left, step left to left side, step right to place
3&4 Cross left behind right, step right to right side, step left to place
5-6 Step back right making ¼ turn right, step left beside right
7-8 Step forward right making ¼ turn right, step left to left side

RIGHT & LEFT SAILOR STEPS, ¼ TURNS RIGHT TWICE

9-16 Repeat counts 1-8

SYNCOPATED VINE RIGHT WITH HITCH, POINT, CROSS & HEEL TWIST

17-18 Step right to right side, cross left behind right
&19-20 Step right to right side, hitch left knee, point left toe to left side
21-22 Hitch left knee, cross left over right
23 With feet crossed twist both heel right and upper body left
24 Twist back to center

SYNCOPATED VINE LEFT WITH HITCH, POINT, CROSS & HEEL TWIST

25-26 Step left to left side, cross right behind left
&27-28 Step left to left side, hitch right knee, point right toe to right side
29-30 Hitch right knee, cross right over left
31 With feet crossed twist both heel left and upper body right
32 Twist back to center

1 & ¼ TURN RIGHT, RIGHT SHUFFLE, ROCK STEP, ½ TURN SHUFFLE

33 Step right ¼ turn right
34 On ball of right pivot ½ turn right stepping back left
35 On ball of left pivot ½ turn right stepping forward right
&36 Close left beside right, step forward right
37-38 Rock forward on left, rock back onto right
39 On ball of right pivot ½ turn left stepping forward left
&40 Slide right beside left, step forward left

FULL TURN & RIGHT SHUFFLE, ROCK, BACK ½ TURN, ¼ TURN STEP

41 On ball of left turn ½ turn left stepping back right
42 On ball of right turn ½ turn left stepping forward left
43&44 Step forward right, close left beside right, step forward right
45-46 Rock back on left, touch right toe back
47 Turn ½ turn right taking weight forward onto right
48 On ball of right turn ¼ turn right stepping left to left side

CROSS BEHIND, CLAP, SIDE STEPS, CROSS BEHIND, CLAP, SIDE STEPS

49-50 Cross right behind left, hold & clap
51-52 Step left to left side, step right to right side
53-54 Cross left behind right, hold & clap
55-56 Step right to right side, step left to left side

During these steps travel slightly back

CROSS BEHIND, CLAP, SIDE STEPS, CROSS BEHIND, CLAP, SIDE STEPS

57-64

Repeat counts 49-56

REPEAT
