Trackback



編舞者: Jackie Lynn (UK) - January 2013

音樂: Backtrack - Rebecca Ferguson: (iTunes)



Kick Forward, Kick Side, 1/4 Sailor Turn, Rock Forward, Recover, Right Coaster Cross

1 - 2)	Kick I	forward	kick I	to I	aft sida
1 - /	/	NICK L	. ioiwaio.	KICK L	10 1	en side

3 & 4 Step L behind R making ¼ left, step R to right side, step L to left side (9 o'clock)

5 - 6 Rock forward on R, recover L

7 & 8 Step back on R, step L next to R, cross R over L

Side Rock, Behind Side Cross, Sway, Sway, Step Back, Kick Forward

9 - 10	Rock out L to left side, recover R
11 & 12	Step L behind R, step R to right side, cross L over R
13 - 14	Step R to right, move hips to right, step L to left, move hips to left
15 - 16	Step back on R, kick forward L

Shuffle Backwards X 2, Left Coaster Step, Prissy Walks

17 & 18	Step back L, close R beside L, Step back L
19 & 20	Step back R, close L beside R, step back R
21 & 22	Step back L, step R next to L, step forward L
23 - 24	Cross step R over L, cross step L over R

Kick Ball Change X 2, Cross Behind, Unwind, Stomp Stomp.

25 & 26	Kick R forward, step ball of R beside L, step L in place
27 & 28	Kick R forward, step ball of R beside L, step L in place
29 & 30	Cross R behind Left, unwind ½ turn right (facing 6 o'clock weight ends on R)
31 - 32	Stomp L, stomp R (Restart here, wall 4, 12 o'clock)

Chasse Left, Rock Back, Recover, Chasse Right, Rock Back, Recover

33 & 34	Step L to left side, close R beside L, step L to left side
35 - 36	Rock back on R, recover L
37 & 38	Step R to right side, close L beside R, step R to right side
39 - 40	Rock back on L, recover R

Point, Step, Shuffle Forward, Left Jazzbox

41 - 42	Point L to left side, step L forward
43 & 44	Step R forward, close L next to R, step R forward
45 - 46	Cross L over R, step back on right
47 - 48	Step L to left side, step R next to L (weight on R)

Start again

Ending - Wall 6: Dance up to count 27 & 28 (facing 12 o'clock)

End of dance – Cross R behind L, full turn unwind to face front (12 o'clock) Step L to left side, step R to right side.

Enjoy! _

This dance is dedicated to all the dancers at Trinity Church, Liverpool, England. Thank you all for four brilliant years $x \times x \times x$

And to Barbara for giving me the song suggestion x x x

