

Trackback

拍數: 48 牆數: 4 級數: Improver
編舞者: Jackie Lynn (UK) - January 2013
音樂: Backtrack - Rebecca Ferguson : (iTunes)



Kick Forward, Kick Side, ¼ Sailor Turn, Rock Forward, Recover, Right Coaster Cross

1 - 2 Kick L forward, kick L to left 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 x x x

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

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