

# The Trail (Wheelchair)

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate wheelchair dance  
编舞者: Wild Bill McKechnie (UK)  
音乐: Trail of Tears - Billy Ray Cyrus



## FIST, HEEL, HOOK, HEEL, HOOK, HEEL, FIST, IN PLACE

- 1-2      Make a fist with right hand & point it at groin, put heel of hand forward
- 3-4      Touch left shoulder with right fist, put heel of hand forward
- 5-6      Touch left shoulder with right fist, put heel of hand forward
- 7-8      Make a fist with right hand & point it at groin, place your right hand back on your right leg

## FIST, HEEL, HOOK, HEEL, HOOK, HEEL, FIST, IN PLACE

- 9-10      Make a fist with left hand & point it at groin, put heel of hand forward
- 11-12      Touch right shoulder with right fist, put heel of hand forward
- 13-14      Touch right shoulder with left fist, put heel of hand forward
- 15-16      Make a fist with left hand & point it at groin, place your left hand back on your left leg

## ELBOW, HAND, ELBOW, HAND, HAND, ELBOW, HAND, ELBOW

- 17-18      Fan right elbow out, then hand
- 19-20      Fan right elbow out, then hand
- 21-22      Fan left hand in, then elbow in
- 23-24      Fan left hand in, then elbow in

## RIGHT & LEFT ELBOW POPS WITH HOLDS

- 25-26      Raise right elbow, hold
- 27-28      Drop right & raise left elbow, hold
- 29-30      Drop left & raise right, drop right & raise left
- 31-32      Drop left & raise right, drop right & raise left

## POINT, THUMB, ¼ TURN RIGHT, POINT, THUMB, ¼ TURN RIGHT

- 33-34      Point right hand forward, hold
- 35-36      Point right thumb back over right shoulder, hold
- 37-40      Turn ¼ turn right
- 41-48      Repeat moves 33-40

## ROLL, BRUSH, ROLL, BRUSH, ROLL, BRUSH, ROLL, BRUSH

- 49-50      Roll chair forward, brush right hand forward on right leg
- 51-52      Roll chair forward, brush left hand forward on left leg
- 53-54      Roll chair forward, brush right hand forward on right leg
- 55-56      Roll chair forward, brush left hand forward on left leg

## POINT, THUMB, POINT, THUMB, POINT, THUMB, POINT, THUMB

- 57-58      Point right hand forward, point left thumb back over left shoulder
- 59-60      Point right thumb back over right shoulder, point left hand forward
- 61-62      Point right hand forward, point left thumb back over left shoulder
- 63-64      Point right thumb back over right shoulder, point left hand forward

## REPEAT

### Tag

When facing the back wall for the fourth time, when you get to the elbow raises, instead of doing 4 quick ones, do 8 quick ones then go back to the beginning of the dance

