Other Side Of The Track



拍數: 64 牆數: 4 級數:

編舞者: Lisa Kruse (USA) & Jim Anderson (CAN)

音樂: Baby Likes to Rock It - The Tractors



TRAIN MOTION

(Move hands and arms in a forward and back circular motion)

1	Step forward with right foot
2	Step in place with left foot
3	Step back with right foot
4	Step in place with left foot
5	Step forward with right foot
6	Step in place with left foot
7	Step back with right foot
8	Step in place with left foot

PRISSY HESITATION WALK

9	Step forward-left with right foot
10	Step forward-right with left foot
11	Step forward-left with left foot
12	Hold

Hold

13 Step forward-right with left foot Step forward-left with right foot 14 15 Step forward-right with left foot

Hold

RIGHT SIDE ROCKS, LEFT SIDE ROCKS

17	Step to right side with right foot, drop right shoulder and lift left hip
18	Slide left foot next to right foot, straighten body
19	Step to right side with right foot, drop right shoulder and lift left hip
20	Hold
21	Step to left side with left foot, drop left shoulder and lift right hip
22	Slide right foot next to left foot, straighten body
23	Step to left side with left foot, drop left shoulder and lift right hip
24	Hold

ROLLING BACK GRAPEVINE

25	Step back 1/4 turn right with right foot
26	Pivot ¼ turn right on ball of right foot stepping forward with left foot

Pivot ½ turn right on ball of left foot stepping back with right foot 27 Lift left knee and hop back slightly, pull right fist down with a "whoo"

BACK THREE, STOMP

29	Step back with left foot
30	Step back with right foot
31	Step back with left foot
32	Stomp down with right foot

DOUBLE SPLIT SWIVELS

33	Split curival	to right side
33	SUIL SWIVE	to Hulli Side

34 Return to center

35	Split swivel to right side
36	Return to center
37	Split swivel to left side
38	Return to center
39	Split swivel to left side
40	Return to center

SINGLE SPLIT SWIVELS & TWISTS

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41	Split swivel to right side
42	Return to center
43	Split swivel to left side
44	Return to center

Swivel both heels to left side, bending knees
Swivel both heels to right side, bending knees
Swivel both heels to left side, straightening knees

48 Swivel both heels to center, legs straight

STEP, 1/4 TURN, SHUFFLE

49 Step forward with right foot

50 Pivot ¼ turn left on ball of right foot placing left foot next to right foot

51&52 Shuffle forward with right, left, right

STEP, PIVOT ½, SHUFFLE

53 Step forward with left foot

54 Pivot ½ turn right on balls of both foot 55&56 Shuffle forward with left, right, left

SHIMMY RIGHT, CLAP, SHIMMY LEFT, CLAP

57-58 Step to right side with right foot and do shoulder shimmies for 2 counts

59 Touch left toe next to right foot

60 Clap hands

61-62 Step to left side with left foot and do shoulder shimmies for 2 counts

Touch right toe next to left foot

64 Clap hands

REPEAT

INTRO PORTION FOR OTHER SIDE OF THE TRACKS:

This is done during the first 16 counts of the main intro to "Baby Likes To Rock It" and in place of counts 33-48 of the fourth pattern in the dance.

BEGINS WITH FIRST BEAT OF PIANO INTRO:

Beat 1 (33)	Look to left. Hold for next 3 counts
Beat 5 (37)	Look to right. Hold for next 3 counts

Beat 9 (41) Push both hands forward and hop back. Hold for next 3 counts

Beat 13-14 Swivel on balls of both feet and twist body down
Beat 15-16 Twist body back up, end with weight on left foot