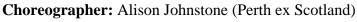


Tracy



Prepared By: Alison Johnstone (Nuline Dance)

Contact: alisonjo@nulinedance.com Ph +61 404 445 076

Music: "Tracy" The Cuff Links: Available I Tunes and various Albums

Level: Beginner/Improver 4 Wall Dance Clockwise Rotation

Counts: 32 Counts

Restart: On count 16 of wall 5 facing 6.00 Restart

Start: On Vocals on word Tracy

(1-8)Step, Lock, Right Shuffle Forward, Step, Lock, Left Shuffle Forward (12.00)

- 1, 2 Step Right forward, Lock Left behind Right,
- **3&4** Step forward Right, Step Left into Right, Step forward Right (Shuffle)
- 5, 6 Step Left forward, Lock Right behind Left,
- **7&8** Step forward Left, Step Right into Left, Step forward left (Shuffle)

(9-16) ½ Pivot Turn, Right Shuffle Forward, Walk, Walk, Left Shuffle Forward (6.00)

- 9, 10 Step forward on Right, Pivot ½ turn over Left
- 11&12 Step forward Right, Step Left into Right, Step forward Right (Shuffle)
- 13, 14 Walk forward on Left, Walk forward on Right
- 15&16 Step forward Left, Step Right into Left, Step forward left (Shuffle)

*** Wall 5 dance to count 16 you will be facing 6.00 - RESTART***

(17-24) ¹/₄ Pivot Turn, Cross Shuffle, Weave (3.00)

- 17, 18 Step forward on Right, Pivot ¼ over Left
- 19&20 Cross Right over Left, Step Left to side, Cross Right over left
- 21, 22 Step Left to side, Step Right behind Left
- 23, 24 Step Left to side, Step Right in front of Left

(25-32) Side Rock Recover Cross, Hold, Step Right to Side swaying hips Right, Sway Left, Sway Right, Sway Left, (3.00)

- 25, 26 Rock Left to side, Recover on Right,
- 27, 28 Cross Left in front of Right, Hold
- 29, 30 Step Right to Side swaying hips to Right, Sway hips back Left
- 31, 32 Sway hips Right, Sway hips back Left

***Ending: You will be facing 3.00 instead of the hip sways at end of dance execute 2 paddle turns over Left shoulder to finish facing front (29-32 Tap Right Toe Forward, Turn ¼ over Left x 2)

START AGAIN ©

A big thank you to Chris for asking me to choreograph for Mayworth Festival 2011 I hope you enjoy



