



Tracy



Choreographer: Alison Johnstone (Perth ex Scotland)

Prepared By: Alison Johnstone (Nuline Dance)

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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) ¼ 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

