

# Tracy

**Compte:** 32

**Mur:** 2

**Niveau:** Improver

**Chorégraphe:** HP Low (UK) & Babs Low (UK) - January 2021

**Musique:** Tracy - The Cufflinks



## Section 1 - Lindy to R, Toe strut x2

- 1&2 Step R to R, close L next to R, step R to R
- 3-4 Rock L ft back, recover to R ft
- 5-6 Touch left toe to left side, drop left heel,
- 7-8 Touch right toe across left, drop right heel

## Section 2 - Lindy to L, side behind shuffle ¼ turn to R

- 1&2 Step L to L, close R next to L, step L to L
- 3-4 Rock R ft back, recover to L ft
- 5-6 Step R to R, step L behind R
- 7&8 Step R ft fwd with ¼ turn to R, step L behind R, Step R fwd

## Section 3 - Step ½ turn to R, shuffle fwd LRL, full turn L, shuffle fwd RLR

- 1-2 Step L fwd, ½ turn R, stepping on R ft(9.00)
- 3&4 Step L fwd, Close R behind L, step L fwd
- 5-6 ½ Turn left step R back, ½ Turn left step L fwd ( 9:00)

### (Steps 5-6 Non turning option - walk R,L)

- 7&8 Step R fwd, step L behind R, step R fwd

## Section 4 - Rock recover, coaster step ,step R fwd, heel bounce 3x turning ¼ to L

- 1-2 Rock L fwd, recover to R
- 3&4 Step L back, step R next to L, Step L fwd
- 5,6,7,8 Step fwd on R, heel bounce 3 x, turning ¼ to L 6.00 (wt on L)