

**Count:** 48

**Wall:** 4

**Level:** intermediate/advanced

**Choreographer:** Noki

**Music:** Trackin' by Billy Crawford

**Beginning of the dance: face 9:00**

## **JUMPING JACKS WITH $\frac{1}{4}$ TURN TO THE LEFT**

- 1            Jump both feet slightly apart
- &            Jump both feet together
- 2            Jump both feet slightly apart
- &            Scoot on left foot and  $\frac{1}{4}$  turn to the left
- 3            Jump both feet slightly apart
- &            Jump both feet together
- 4            Jump both feet slightly apart
- &            Scoot on left foot and  $\frac{1}{4}$  turn to the left

- 5            Jump both feet slightly apart
- &            Jump both feet together
- 6            Jump both feet slightly apart
- &            Scoot on left foot and  $\frac{1}{4}$  turn to the left
- 7            Jump both feet slightly apart
- &            Jump both feet together
- 8            Jump both feet slightly apart

## **DOUBLE STEPS, WALKS WITH FULL TURN TO THE RIGHT, JUMP AND HOOK**

- 9            Tap right foot (feet are still slightly apart)
- 10           Step right foot
- 11           Tap left foot
- 12           Step left foot

- 13 Turn 1/3 to the right stepping right foot forward  
14 Turn 1/3 to the right stepping left foot forward  
15 Turn 1/3 to the right stepping right foot forward  
& Left foot big step forward (jump slightly)  
16 Right foot hooks into knee of left-leg

### **HOOKED KNEE-POPS, SLIDE, JUMP OUT, FULL UPPER BODY TURN TO THE LEFT**

- 17 Turn right-knee to the left  
& Turn right-knee to the right  
18 Turn right-knee to the left  
19 Right foot big step to the side  
20 Left foot step beside right foot

- 21-24 Jump both feet slightly apart and lean with your upper body slightly to the right and forward, move your upper body in a circle to the left in 4 counts (starting at count 21)

### **LEG LIFTS, KNEE POP, COASTER STEP, ¼ TURN, SCOTS, KNEE POP**

- 25 Weight on left foot and raise your right-leg  
& Right foot down  
26 Weight on left foot and raise your right-leg  
& Right foot down  
27 Weight on left foot and raise your right-leg  
& Right foot down  
28 Right-knee up and bent your upper body to that knee  
  
29 Right foot backward  
& Left foot step beside right foot  
30 Right foot step forward

- 31¼ turn to the right and scoot on right foot (left foot slightly bent and raised)**

- & Scoot right foot
- 32 Scoot right foot and raise left-knee and bent your upper body to that knee

### **SCOOTS, $\frac{3}{4}$ TURN TO THE RIGHT, SCOOTS, FULL TURN TO THE LEFT, TOE LIFTS WITH ARM MOVEMENTS**

- 33 Scoot on right foot and turn  $\frac{1}{4}$  to the right
- & Scoot on right foot and turn  $\frac{1}{4}$  to the right
- 34 Scoot on right foot and turn  $\frac{1}{4}$  to the right and touch left foot to the side
- 35 Scoot on right foot and turn  $\frac{1}{3}$  to the left
- & Scoot on right foot and turn  $\frac{1}{3}$  to the left
- 36 Turn  $\frac{1}{3}$  to the left and jump both feet apart
- 37 Lift toes of both feet and raise right-arm
- & Drop toes and drop right-arm
- 38 Lift toes of both feet and raise left-arm
- & Drop toes and drop left-arm
- 39 Lift toes of both feet and raise both arms
- & Drop toes and drop both arms
- 40 Jump both feet together

### **KICKS, BODY ROLL, SIDE TOUCHES, KNEE, STOMP**

- 41 Kick right foot to the side
- & Step right foot next to left foot
- 42 Kick left foot to the side
- & Step left foot next to right foot
- 43 Right foot step backward and start body roll
- 44 Finish body roll (weight is on right foot)
- 45 Left foot touch to the side
- & Step left foot next to right foot

- 46 Right foot touch to the side  
& Step right foot next to left foot  
47 Left foot touch to the side  
& Raise left-knee  
48 Left foot stomp next to right foot

### REPEAT

### TAG

#### After wall 1, 3 and half way wall 5

### V-STEP

- 1 Right foot step diagonally forward  
2 Left foot step diagonally forward  
3 Right foot step back  
4 Step left foot next to right foot

**At the end of wall 4 (count 48) don't stomp your left foot next to your right foot but just touch your left foot to the side. After that you start with count 33 of the dance. Dance the tag again after this part. After wall 5 you have to dance this dance 3 times but only till count 32. (but don't make the  $\frac{1}{4}$  turn in count 31. Just scoot forward and on count 32 stomp left foot next to right foot)**