

TRACK ME DOWN

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Count: 32 **Wall:** 4 **Level:** —

Choreographer: Gemma Bramley

Music: Trackin' by Billy Crawford

- 1&2** Hitch right knee across left leg, point right toe to right side, turn $\frac{1}{4}$ left changing weight to right foot
- 3&4** Left shuffle forward
- 5-6** Press ball of right foot to right side, rock back onto left foot
- 7&8** Step right foot behind left, step left foot to left side, cross right over left
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- 1-2** Turning $\frac{1}{4}$ turn to right on ball of right, rock left to left side, rock weight back on to right foot
- 3&4** Left sailor step
- 5-6** Cross right behind left, unwind $\frac{3}{4}$ turn right
- 7&8** Left kick ball touch
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- 1-2&** Step right to right side, step left behind right, step right to right side
- 3&4** Hitch left knee across right leg, point left toe to left side, turn $\frac{1}{4}$ turn to left
- 5&6** Left shuffle forward
- 7&8** Step right foot forward, hitch left knee forward, point left toe back
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- 1&2** Bounce heels $\frac{1}{2}$ turn to left. (option- swivel heels)
- 3&4** Left coaster step
- 5-6** Step right foot forward, touch left foot behind right
- &7** Step down on left foot, kick right foot forward
- &8** Turning $\frac{1}{4}$ turn right rock to right side, rock weight back onto left foot

REPEAT

