

# TRACES

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**Count:** 64

**Wall:** 4

**Level:** intermediate/advanced rumba

**Choreographer:** Peter Blaskowski & Beth Webb

**Music:** Traces by Gloria Estefan

## COASTER STEP, WALK TO SIDE BREAK

**1-4(QQS)** Step left foot back, step right foot together, step left foot forward, hold

**5-6&(QQ&)** Step right foot forward, rock left foot to side, recover weight to right foot

**7-8(S)** Step left foot together, hold

## WEAVE TO CROSSOVER BREAK, RETURN TO SIDE CHASSE

**1-2(QQ)** Step right foot behind left foot, step left foot to side

**Styling hint:** To make it easier to step the right foot into the weave on the first Quick, start by pushing it out to the right and then doing a little side-to-back sweep to get it behind the left foot. You might also try pulling your right shoulder back slightly.

**3-4(S)** Swivel  $\frac{1}{4}$  left (facing 9:00) on the ball of the left foot and step right foot forward, hold

**5(Q)** Shift weight onto left foot and turn  $\frac{1}{4}$  right (facing 12:00) on the ball of the left foot

**6&7-8(Q&S)** Step the right foot to the side, step left foot together, step right foot to the side, hold

## MARK TIME, SWAY TURN, SIT, UP, MOVE FORWARD

**1-2(QQ)** Step left foot together, step right foot in place (still together)

**3-4(S&)** Step left foot to side, swivel  $\frac{1}{4}$  left (facing 9:00) on balls of both feet shifting weight to right foot

**5-6(QQ)** Bend right knee into sitting position, unbend right knee to standing position

**7-8(S)** Shift weight forward onto left foot, hold

## WALKS AND TURN, FLICK TO DEVELOPÉ

**1-2(QQ)** Step right foot forward, step left foot forward

**3-4(QQ) Step right foot forward, swivel  $\frac{1}{2}$  left (facing 3:00) on ball of right foot and step left foot together(!)**

**5-6(QQ) Flick right heel up and back, bring right ankle to side of left knee in a Figure 4**

**7-8(S) Straighten your right knee so the foot swings forward, hold**

### **FORWARD AND SIDE, 5TH POSITION BREAK**

**1-4(QQS) Step right foot forward, step left foot forward, step right foot to side, hold**

**5-8(QQS) Step left foot behind right foot (5th position), step right foot in place, step left foot to side, hold**

### **CATWALKS TO CHECK**

**1-2(S) Swivel  $\frac{3}{8}$  left (facing 10:30) on ball of left foot and step right foot forward, hold**

**3-4(S) Swivel  $\frac{1}{4}$  right (facing 1:30) on ball of right foot and step left foot forward, hold**

**5-6(QQ) Swivel  $\frac{1}{4}$  left (facing 10:30) on ball of left and step right foot forward, shift weight onto left foot**

**7-8(S) Turn  $\frac{1}{8}$  right to square up to front wall (facing 12:00) and step right foot to side, hold**

### **WALKAROUND TURN, 5TH POSITION BREAK**

**1-2(QQ) Swivel  $\frac{1}{4}$  right (facing 3:00) and step left foot forward, swivel  $\frac{1}{2}$  right (facing 9:00) and shift weight onto right foot**

**3-4(S) Turn  $\frac{1}{4}$  right (facing 12:00) and step left foot to side, hold**

**5-8(QQS) Step right foot behind left foot (5th position), step left foot in place, step right foot to side, hold**

### **THE WORLD'S SLOWEST COASTER STEP, $\frac{1}{4}$ TURN, CLOSE**

**1-2(S) Step left foot back, hold**

**3-4(S) Step right foot together, hold**

**5-6(S) Step left foot forward and turn  $\frac{1}{4}$  right (facing 3:00), hold**

## **7-8(S) Step right foot together, hold**

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=43765](https://www.linedance.com/index.php?f=dance_view&id=43765)