



Dance: **The Trail**
 Type: 64 Count, 2 Wall, Intermediate
 Choreographer: Judy McDonald
 Choreographed to: Trail Of Tears by Billy Ray Cyrus (171 bpm, 3:40 min)

Intro: Start on heavy beat

Section 1 Touch, Heel Hook x 2, Heel Toe Touch x 2, Close

1-3	Touch right beside left. Touch right heel forward. Hook right over left	Toe, heel, hook
4,5	Touch right heel forward. Hook right over left	Heel, hook
6-8	Touch right heel forward. Touch right beside left. Step right beside left	Heel, toe, close

Section 2 Touch, Heel Hook x 2, Heel Toe Touch x 2, Close

1-3	Touch left beside right. Touch left heel forward. Hook left over right	Toe, heel, hook
4,5	Touch left heel forward. Hook left over right	Heel, hook
6-8	Touch left heel forward. Touch left beside right. Step left beside right	Heel, toe, close

Section 3 Heel Toe Twist x 8

1,2	Twist right heel to right. Twist right toes to right	Heel, toe
3,4	Twist right heel to right. Twist right toes to right	Heel, toe
5,6	Twist left toes to right. Twist left heel to right	Toe, heel
7,8	Twist left toes to right. Twist left heel to right	Toe, heel

Section 4 (Knee Pop, Hold) x 2, Knee Pop x 4

1-4	Cross right knee over left. Hold. Cross left knee over right. Hold	Knee, hold, knee, hold
5,6	Cross right knee over left. Cross left knee over right	Knee, knee
7,8#*	Cross right knee over left. Cross left knee over right	Knee, knee

Section 5 Modified Heel Toe Touch x 2, Step Pivot 1/2, Step Pivot 1/4

1-4	Touch right heel forward. Hold. Touch right toe back. Hold	Heel, hold, toe, hold
5-8	Step right forward. Pivot 1/2 turn left (6:00). Step right forward. Pivot 1/4 turn left (3:00) <i>Non-turning steps 5-8: Forward Rock, Back Rock 1/4 Turn</i>	Step, pivot, step, pivot
5-8	<i>Rock forward on right. Recover on left. Rock back on right. Turn 1/4 right recovering on left (3:00)</i>	<i>Forward rock, rock, turn</i>

Section 6 Modified Heel Toe Touch x 2, Step Pivot 1/2, Step Pivot 1/4

1-4	Touch right heel forward. Hold. Touch right toe back. Hold	Heel, hold, toe, hold
5-8	Step right forward. Pivot 1/2 turn left (9:00). Step right forward. Pivot 1/4 turn left (6:00) <i>Non-turning steps 5-8: Forward Rock, Back Rock 1/4 Turn</i>	Step, pivot, step, pivot
5-8	<i>Rock forward on right. Recover on left. Rock back on right. Turn 1/4 right recovering on left (6:00)</i>	<i>Forward rock, rock, turn</i>

Section 7 (Step, Brush x 3) x 2

1-4	Step right forward. Brush left. Brush left back over right. Brush left	Step, brush, brush, brush
5-8	Step left forward. Brush right. Brush right back over left. Brush right	Step, brush, brush, brush

Section 8 Rocking Chair x 2

1-4 @	Rock forward on right. Recover on left. Rock back on right. Recover on left	Rocking chair
5-8	Rock forward on right. Recover on left. Rock back on right. Recover on left	Rocking chair

Tag # Wall 8 (6:00) after 32 Counts (facing 6:00)

Knee Pop x 4

1-4	Cross right knee over left. Cross left knee over right Cross right knee over left. Cross left knee over right	Knee, knee Knee, knee
-----	--	--------------------------

Restart * Wall 8 after Tag

Ending @ Wall 9 (6:00) after 60 Counts (facing 12:00)

Mambo Step

5-7	Rock forward on right. Recover on left. Step right beside left	Mambo step
-----	--	------------
