

Dance!

LineLineLineLineLineLineLineLineLine

THE TRAIL

Choreographer: Judy McDonald

Music: Trail of Tears
Billy Ray Cyrus

There is a slow intro at the beginning of the LP version of this song. Start the dance as soon as the quick music starts. If you miss the beginning, start with the lyrics.

1 2 3 4 5 6 7 8

R toe, heel, cross, heel, cross, heel, toe, step

Point R knee to left and touch toe in place, R heel forward, cross R toe in front of left, R heel forward, cross R toe in front of left, R heel forward, point R knee to left and touch toe in place, step R together

1 2 3 4 5 6 7 8

L toe, heel, cross, heel, cross, heel, toe, step

Point L knee to right and touch toe in place, L heel forward, cross L toe in front of right, L heel forward, cross L toe in front of right, L heel forward, point L knee to right and touch toe in place, step L together

1 2 3 4

R heel, toe, heel, toe

Twist R heel to right, twist R toe to right, twist R heel to right, twist R toe to right

5 6 7 8

L toe, heel, toe, heel

Twist L toe to right, twist L heel to right, twist L toe to right, twist L heel to right

1, hold 2, 3, hold 4, 5 6 7 8

Knee pops R, L, R, L, R, L

Bend R knee, hold, bend L knee, hold, bend R knee, L knee, R knee, L knee

&1, hold 2, 3, hold 4, 5 6 7 8

R heel, toe, ½ turn, ¼ turn

There is a quick weight change here on count & to get your weight on the left foot; touch R heel forward, hold, touch R toe back, hold, step R forward, pivot ½ turn to left, step R forward, pivot ¼ turn to left

1, hold 2, 3, hold 4, 5 6 7 8

R heel, toe, ½ turn, ¼ turn

Touch R heel forward, hold, touch R toe back, hold, step R forward, pivot ½ turn to left, step R forward, pivot ¼ turn to left

1 2 3 4

Step R forward, brush L front, cross, front

Step R forward, brush L foot front, brush cross in front of right, brush front

5 6 7 8

Step L forward, brush R front, cross, front

Step L forward, brush R foot front, brush cross in front of left, brush front

1 2 3 4 5 6 7 8

R rock forward, back, forward, back

Step R forward, step L in place, step back R, step L in place, step forward R, step L in place, step back R, step L in place

Slight change: (at least it's not an A,B,C....)

When you are facing the back for the fourth time, there is a bridge in the music and we need to adjust the dance to get back in phrase. Therefore, when you get to the **knee pops, instead of doing 4 quick ones, do 8 quick ones, then go back to the beginning of the dance.** The dance will then end exactly with the music and your **last step will be rock forward, back, forward, step together.** Have fun!!

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