



THE TRAIL

Choreographer: Judy McDonald

Description: 64 Count - 2 Wall

Level:

Suggested Music: Trail Of Tears by Billy Ray Cyrus

Note: 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.

RIGHT TOE, HEEL, CROSS, HEEL, CROSS, HEEL, TOE, STEP

- 1-2 Point right knee to left and touch toe in place. Right heel forward
- 3-4 Cross right toe in front of left. Right heel forward
- 5-6 Cross right toe in front of left. Right heel forward
- 7-8 Point right knee to left and touch toe in place. Step right together

LEFT TOE, HEEL, CROSS, HEEL, CROSS, HEEL, TOE, STEP

- 1-2 Point left knee to right and touch toe in place. Left heel forward
- 3-4 Cross left toe in front of right. Left heel forward
- 5-6 Cross left toe in front of right. Left heel forward
- 7-8 Point left knee to right and touch toe in place. Step left together

RIGHT HEEL, TOE, HEEL, TOE, LEFT TOE, HEEL, TOE, HEEL

- 1-2 Twist right heel to right. Twist right toe to right
- 3-4 Twist right heel to right. Twist right toe to right
- 5-6 Twist left toe to right. Twist left heel to right
- 7-8 Twist left toe to right. Twist left heel to right

KNEE POPS RIGHT, LEFT, RIGHT, LEFT, RIGHT, LEFT

- 1-4 Bend right knee, hold, bend left knee, hold
- 5-8 Bend right knee, left knee, right knee, left knee

RIGHT HEEL, TOE, ½ TURN, ¼ TURN

- &1-4 Weight change to get your weight on the left foot. Touch right heel forward, hold, touch right toe back, hold
- 5-8 Step right forward, pivot ½ turn to left, step right forward, pivot ¼ turn to left

RIGHT HEEL, TOE, ½ TURN, ¼ TURN

- 1-4 Touch right heel forward, hold, touch right toe back, hold
- 5-8 Step right forward, pivot ½ turn to left, step right forward, pivot ¼ turn to left

STEP RIGHT FORWARD, BRUSH LEFT FRONT, CROSS, FRONT, STEP LEFT FORWARD, BRUSH RIGHT FRONT, CROSS, FRONT

- 1-4 Step right forward, brush left foot front, brush cross in front of right, brush front
- 5-8 Step left forward, brush right foot front, brush cross in front of left, brush front

RIGHT ROCK FORWARD, BACK, FORWARD, BACK

- 1-4 Step right forward, step left in place, step back right, step left in place
- 5-8 Step forward right, step left in place, step back right, step left in place

REPEAT

TAG

When you are facing the back for the fourth time, there is a bridge in the music that we need to fill to get back into 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.