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Traces

32 Count, 4 Wall, Beginner

Choreographer: Rob McKean – Jan 2017

Choreographed to: Till I Am Myself Again by Blue Rodeo

S1 Vine Right, Vine Left

1-4 Step side right on R, cross L behind R, step side right on R, touch L beside R

5-8 Step side left on L, cross R behind L, step side left on L, touch R beside L
(Restart here on Wall 11)

S2 Step Lock Step Forward Twice, Step Scuff Forward Twice

9&10 Step forward on R, slide L beside R, step forward on R

11&12 Step forward on L, slide R beside L, step forward on L

13-14 Step forward on R, scuff L forward

15-16 Step forward on L, scuff R forward

S3 Rock Rocking Chair, ½ Pivot, ¼ Pivot

17-20 Rock forward on R, recover on L, rock back on R, recover on L
(Restart here on walls 3, 7 & 14)

21-22 Step forward on R, pivot ½ turn left onto L

23-24 Step forward on R, pivot ¼ turn left onto L

S4 Lindy Right, Lindy Left

25&26 Step side right on R, step together on L, step side right on R

27-28 Rock back on L, recover onto R

29&30 Step side left on L, step together on R, step side left on L

31-32 Rock back on R, recover onto L

Repeat