Blake N Trace

Choreographed by **Rachael McEnaney (UK/USA) (December 2013)**
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Description:	48 Counts, 4 Walls, Easy Intermediate
Music:	"If I Was A Woman" – Trace Adkins & Blake Shelton (Album: Proud To Be Here) Approx 3.14 mins
Count In:	16 counts from when beat kicks in, dance begins on vocals. Approx 136 bpm (based on counts in dance – otherwise 68bpm).

Section	Footwork	End Facing
1 - 8	**Rock fwd R, R coaster step, 2x step L – ½ pivot turns R (or L rocking chair)**	
1 2 3 & 4	Rock forward right (1), recover weight left (2), step back on right (3), step left next to right (&), step forward right (4)	12.00
5 6 7 8	Step forward left (5), pivot ½ turn right (6), step forward left (7), pivot ½ turn right (8) *(easy option: Left rocking chair)*	12.00
9 – 16	**L shuffle, rock fwd R, 1 ¼ rolling turn R, L cross *(or weave R)***	
1 & 2 3 4	Step forward left (1), step right next to left (&), step forward left (2), rock forward right (3), recover weight left (4)	12.00
5 6	Make ½ turn right stepping forward right (5), make ½ turn right stepping back left (6),	12.00
7 8	Make ¼ turn right stepping right to right side (7), cross left over right (8) *(easy option counts 5-8: make ¼ turn right stepping right to right side (5), cross left behind right (6), step right to right side (7), cross left over right (8)*	3.00
17 - 24	**R chasse, rock back L, syncopated chasse with ½ turn L**	
1 & 2 3 4	Step right to right side (1), step left next to right (&), step right to right side (2), rock back left (3), recover weight right (4)	3.00
5 6	Step left to left side (5), hold and snap fingers (6),	3.00
& 7 8	Step right next to left (&), step left to left side (7), make ½ turn left as you brush right foot forward (8)	9.00
25 - 32	**R chasse, rock back L, syncopated chasse L, brush R**	
1 & 2 3 4	Step right to right side (1), step left next to right (&), step right to right side (2), rock back left (3), recover weight right (4)	9.00
5 6 & 7 8	Step left to left side (5), hold and snap fingers (6), Step right next to left (&), step left to left side (7), brush right foot next to left (8)	9.00
33 - 40	**R jazz box with ¼ turn R, step out-out R-L with hands on butt, hip circle CCW**	
1 2 3 4	Cross right over left (1), step back left (begin turning R) (2), make ¼ turn right stepping forward right (3), step forward left (4)	12.00
5 6	Step right to right side as you slap right butt cheek with right hand (5), step left to left side as you slap left butt cheek with left hand (6)	12.00
7 8	Circle hips to left (anti/counter clockwise) *(weight ends left)* (7,8)	12.00
40 - 48	**Weave L with ¼ turn L, fwd R, ½ pivot L, walk R-L**	
1 2 3 4	Cross right over left (1), step left to left side (2), cross right behind left (3), make ¼ turn left stepping forward left (4)	9.00
5 6 7 8	Step forward right (5), pivot ½ turn left (6), step forward right (7), step forward left (8)	3.00

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