

# The Trail



Choreographed by: Judy McDonald  
Music: **Trail Of Tears** by **Billy Ray Cyrus**  
Type: 4 wall, 64 counts  
Level: Intermediate

NOTES Short slow intro, start when beat starts. If you miss the starting point, start with lyrics.  
TAG and RESTART during 8<sup>th</sup> wall.

## [1 – 8] RIGHT TOE, HEEL, HOOK, HEEL, HOOK, HEEL, TOE, TOGETHER

1 – 2 Touch right toe to left instep knee pointing left, touch right heel forward.  
3 – 4 Hook right across left tapping toe to floor, touch right heel forward.  
5 – 6 Hook right across left tapping toe to floor, touch right heel forward.  
7 – 8 Touch right toe to left instep knee pointing left, step right beside left.

## [9 – 16] LEFT TOE, HEEL, HOOK, HEEL, HOOK, HEEL, TOE, TOGETHER

1 – 2 Touch left toe to right instep knee pointing right, touch left heel forward.  
3 – 4 Hook left across right tapping toe to floor, touch left heel forward.  
5 – 6 Hook left across right tapping toe to floor, touch left heel forward.  
7 – 8 Touch left toe to right instep knee pointing right, step left beside right.

## [17 – 24] RIGHT HEEL & TOE TWISTS, LEFT TOE & HEEL TWISTS

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.

## [25 – 32] RIGHT & LEFT KNEE POPS WITH HOLDS, RIGHT & LEFT KNEE POPS

1 – 2 Pop Right Knee Forward. Hold.  
3 – 4 Straighten Right Leg Popping Left Knee Forward, Hold.  
5 – 6 Straighten left popping right forward, straighten right popping left forward.  
7 – 8 Straighten left popping right forward, straighten right popping left forward.

*Easier option* Using this, you do not have the change the weight (&) in the beginning of next section.  
7 – 8 Straighten left popping right forward, hold.

**TAG & RESTART** **During the 8<sup>th</sup> wall**  
*When facing the back for the 4<sup>th</sup> time, there is a break in the music. When you get to the knee pops instead of doing 4 quick ones, do 8 quick ones then start dance from the beginning.*  
*Easier option: 7 quick ones, 8<sup>th</sup> hold.*

Continues...

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Continued...

**[33 – 40] STEP, RIGHT HEEL & TOE WITH HOLD, STEP ½ PIVOT LEFT, STEP ¼ PIVOT LEFT**

- & Step onto left in place.
- 1 – 2 Touch right heel forward, hold.
- 3 – 4 Touch right toe back, hold.
- 5 – 6 Step forward right, pivot ½ turn left. [6:00]
- 7 – 8 Step forward right, pivot ¼ turn left. [3:00]

**[41 – 48] RIGHT HEEL & TOE WITH HOLD, STEP ½ PIVOT LEFT, STEP ¼ PIVOT LEFT**

- 1 – 2 Touch right heel forward, hold.
- 3 – 4 Touch right toe back, hold.
- 5 – 6 Step forward right, pivot ½ turn left. [9:00]
- 7 – 8 Step forward right, pivot ¼ turn left. [6:00]

**[49 – 56] STEP, BRUSH FORWARD-BACK-FORWARD (TWICE)**

- 1 – 2 Step right forward, brush left forward.
- 3 – 4 Brush left back across right, brush left forward.
- 5 – 6 Step left forward, brush right forward.
- 7 – 8 Brush right back across left, brush right forward.

**[57 – 64] RIGHT ROCKING-CHAIR (TWICE)**

- 1 – 2 Rock forward on right, recover onto left.
- 3 – 4 Rock back on right, recover onto left.
- 5 – 6 Rock forward on right, recover onto left.
- 7 – 8 Rock back on right, recover onto left.

Start Again!