

BLUE TRAIL OF SORROW

STOMPIN' COWBOYS DANCE CLUB

Level: Intermediate Plus **Genre:** Country Bluegrass
Artist: Alison Kraus and Union Station
Choreo: Mary Nuske
Speed: Normal **Length:** 3.39
Sequence: A B C D A B D C ENDING
Wait: 32 beats

Quick Cues

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Part A (32 Beats)

4 Stomp Double
4 We Do (Rft)
4 Slur Basic
4 Steve's Fancy (Rft)
16 REPEAT OPP FTWK

Part B (32 Beats)

4 Vine Kick Turn (1/2L)
4 Chain (Rft)
4 Uncle Bill
4 2 Basic
16 REPEAT

Part C (32 Beats)

8 Kenny's Toes (Diag L)
4 Drag Back
4 Triple (Full R)
8 Kenny's Toes (Diag R)
4 Drag Back
4 Triple (Full R)

Part D (32 Beats)

4 Luther Step
4 Hey Ray
4 Pivot Chain (1/2L)
4 Triple (Rft)
16 REPEAT

Part A (32 Beats)

4 Stomp Double
4 We Do (Rft)
4 Slur Basic
4 Steve's Fancy (Rft)
16 REPEAT OPP FTWK

Part B (32 Beats)

4 Vine Kick Turn (1/2L)
4 Chain (Rft)
4 Uncle Bill
4 2 Basic
16 REPEAT

Part D (32 Beats)

4 Luther Step
4 Hey Ray
4 Pivot Chain (1/2L)
4 Triple (Rft)
16 REPEAT

Part C (32 Beats)

8 Kenny's Toes (Diag L)
4 Drag Back
4 Triple (Full R)
8 Kenny's Toes (Diag R)
4 Drag Back
4 Triple (Full R)

ENDING (8 Beats)

4 Luther Step
4 Hey Ray



Step Definitions - BLUE TRAIL OF SORROW

STOMP DOUBLE:

(P) STO DS DS RS (CAN BE DR INSTEAD OF (P) AT START)
L R L RL
& 1 &2 &3 &4

WE DO:

DBL-BA H-BA H-BA DBR DBR
L L R R L L R L
&a 1 e & a 2 e&a3 e&a4

SLUR BASIC:

DS (OTS) SLR-S (XIB) DS RS
L R R L RL
&1 & 2 &3 &4

STEVE'S FANCY:

SR TnDn H (WGT) H-BA SLAP-BA S
L R L R R L L R
&a1 e&a2 & a 3 e & 4

VINE KICK TURN:

DS (OTS) DS (XIB) DS K (1/2 L) H
L R L R L
&1 &2 &3 & 4

CHAIN:

DS RS RS RS (MOVE FWD BK L OR R)
L RL RL RL
&1 &2 &3 &4

UNCLE BILL:

DS RS TCHH (OTS) LIFT/ (CLK R H TO L H) BA BA S-SL
L RL R L / R R L R R
&1 &2 e & a 3 & 4

BASIC:

DS RS
L RL
&1 &2

KENNYS TOES:

DS TCHH (OTS) H (WGT LIFT BA) /CLK (R H TO L T) FL S DS TCHH (OTS)
L R L / R L R L R
&1 e & a 2 &3 e
H (WGT LIFT BA) /CLK (R H TO L T) FL S DS TCHH (OTS) H (WGT LIFT BA) /CLK (R H TO L T)
L / R L R L R L / R
& a 4 &5 e &
FL S TCHH (OTS) CLK (L H TO R T) /H (WGT LIFT BA) FL S TCHH (OTS)
L R L L /R R L R
a 6 e & a 7 e
H (WGT LIFT BA) /CLK (R H TO L T) FL S
L / R L R
& a 8

DRAG BACK:

DS-DR RS (BK) DR RS (BK)
L L RL L RL
&1 & 2& 3 &4

TRIPLE:

DS DS DS RS
R L R LR
&1 &2 &3 &4

LUTHER STEP: (In this dance last "&" beat uses first "&" beat of the next step)

(P) S TnUp-TnDn SK POP SLAP
L R R L R L
& 1 e&a2 e&a3 & 4 &

HEY RAY:

(P) S TnDn BA DBL-BA (BK) RS
L R L R R LR
& 1 e&a2 & a3 e &4

PIVOT CHAIN:

DS [RS RS RS] (TURN)
L RL RL RL
&1 &2 &3 &4