

Swingtrain

Compte: 48

Mur: 2

Niveau: Beginner

Chorégraphe: Don Pascual (FR) - April 2013

Musique: Swingtrain - Rob Rio



Start on vocals

Section 1: Stomp R , R toe fans, Stomp L forward, L toe fans

- 1-4 Stomp R beside L (R toe in L diagonal), swivel R toe to the R,, swivel R toe to the L, swivel R toe to the R
- 5-8 Stomp L slightly forward (L toe in R diagonal), swivel L toe to the L, swivel L toe to the R, swivel L toe to the L

Section 2: Sugar foot R, L, R, L, R jazz box

- 1-2 Swivel L heel to the L and step R in R diagonal, swivel R heel to the R and step L in L diagonal
- 3-4 Swivel L heel to the L and step R in R diagonal, swivel R heel to the R and step L in L diagonal
- 5-8 Cross R over L, step L behind, step R to the R, cross L over R

Option: You can replace the «sugar foot» with «camel walks»

Section3: (Step R to the R, L kick + clap, step L to the L, R kick + clap) x2

- 1-4 Step R to the R, L kick (R diagonal) + clap, step L to the L, R kick (L diagonal) + clap
- 5-8 Step R to the R, L kick (R diagonal) + clap, step L to the L, R kick (L diagonal) + clap

Section 4: R side shuffle, L kick x2, L side shuffle, R kick x2

- 1&2 Step R to the R, L beside R, step R to the R
- 3-4 L kick (R diagonal), L kick (R diagonal)
- 5&6 Step L to the L, R beside L, step L to the L
- 7-8 R kick (L diagonal), R kick (L diagonal)

Restart: Walls 3 and 7

Section 5: Weave to the R

- 1-4 Step R to the R, cross L behind R, step R to the R, cross L over R
- 5-8 Step R to the R, cross L behind R, step R to the R, cross L over R

Section 6: (Step turn 1/8 T to the L) x4

- 1-2 Step R forward, 1/8 T to the L
- 3-4 Step R forward, 1/8 T to the L
- 5-6 Step R forward, 1/8 T to the L
- 7-8 Step R forward, 1/8 T to the L

Style: Activate the alarm bell of the train with your R hand while turning

Restart: Wall 3 (facing 12h) and wall 7 (facing 6h) dance the first 4 sections then restart the dance from the beginning

Have fun with this dance !!!

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