Trainyard Blues

拍数: 48　　　　**墙数:** 4　　　　**级数:** High Beginner

编舞者: Jan Brookfield (UK) - March 2020

音乐: Trainyard Blues - Larry Alderman

Start after 16 counts

Section 1 : HIP BUMPS RIGHT, LEFT, RIGHT, LEFT; REVERSE ROCKING CHAIR

1,2,3,4	Step R to right side bumping hips right, transfer weight onto L bumping hips left, transfer weight onto R bumping hips right, transfer weight onto L bumping hips left
5,6,7,8	Rock R back, recover forward onto L, rock R forward, recover back onto L

Section 2 : BACK SHUFFLE, ROCK BACK, RECOVER; FORWARD SHUFFLE, ¼ PIVOT TURN

1&2,3,4	Shuffle back on R,L,R, rock L back, recover onto R
5&6,7,8	Shuffle forward on L,R,L, step R forward, pivot quarter turn left (weight on L facing 9 o'clock)

Section 3 : CROSS ROCK, RECOVER, CHASSE RIGHT; CROSS ROCK, CHASSE LEFT

1,2,3&4	Rock R across in front of L, recover onto L; chasse right on R,L,R
5,6,7&8	Rock L across in front of R, recover onto R; chasse left on L,R,L

Section 4 : SIDE, TOUCH, SIDE, TOUCH; ROCK BACK, RECOVER, ½ TURN SHUFFLE LEFT

1,2,3,4	Step R to right side, touch L next to R; step L to left side, touch R next to L
5,6,7&8	Rock R back, recover onto L; shuffle half turn over left shoulder on R,L,R (3 o'clock)

Section 5 : ROCK BACK, RECOVER, SHUFFLE FORWARD; "V" STEP

1,2,3&4	Rock L back, recover onto R; shuffle forward on L,R,L
5,6,7,8	Step R forward angled right, step L forward angled left; step R back in place, step L back in place

Section 6 : CHASSE RIGHT, ROCK BACK, RECOVER; CHASSE LEFT, ROCK BACK, RECOVER

1&2,3,4	Chasse to right on R,L,R; rock L back, recover onto R
5&6,7,8	Chasse to left on L,R,L; rock R back, recover onto L

START AGAIN