Gone Like A Freight Train



编舞者: Sylvia Schell (USA)

音乐: Gone - Montgomery Gentry



CROSS, RECOVER, CHASSE LEFT, ROCK BACK, RECOVER, STEP RIGHT, LEFT

1-2	Cross left over right, recover right
3&4	Shuffle side left (left, right, left)

5-6 Rock back (5th position) with right, recover left7-8 Step right with right, step together with left

ROCK BACK, RECOVER, CHASSE RIGHT, CROSS, RECOVER, STEP LEFT, RIGHT

1-2	Rock back	(5th posi	ition) with	right r	recover left
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3&4 Shuffle side right (right, left, right)5-6 Cross rock left over right, recover right

7-8 Step left to left side, step together with right (angle toward left diagonal)

SHUFFLE LEFT, SHUFFLE RIGHT, CROSS, BACK AND CROSS, SIDE

1&2	Towards left diagonal shuffle left, right, left
3&4	Toward right diagonal shuffle right, left, right
5-6	Cross left over right, step back on right

&7-8 Step left beside right, cross right over left, step left to left

RIGHT SAILOR, 1/4 TURN LEFT SAILOR, AND STEP, KICK, AND BACK, KICK

1&2	Cross right foot behind left foot, step left foot to left, step right foot in place
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3&4 Turning ¼ turn left cross left foot behind right, step right foot to right, step left foot in place

&5-6 Step ball of right beside left, step forward on left, low kick forward with right &7-8 Step back on right ball, step left beside right, low kick forward with right

TOUCH, 1/4 TURN, LEFT COASTER, TOUCH, 1/4 TURN, CROSS, CROSS

1-2	Touch right toe to right	turning ¼ turn right c	on left step right beside left
1-2	Touch right too to right,	turring /4 turringint	m len step right beside len

3&4 Step back on left, together with right, step forward on left

5-6 Touch right toe to right, turning ¼ turn right on left step right beside left

7-8 Cross step left over right, cross step right over left

CROSS, RECOVER, LEFT COASTER, CROSS, RECOVER, STEP, TOUCH

1-2	Cross ro	ck left	over right	recover right
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3&4 Step back on left, step together with right, step forward on left

5-6 Cross rock right over left, recover left7-8 Step back on right, touch left beside right

REPEAT