

Short Train

拍数: 40 墙数: 2 级数: Beginner
编舞者: Wanda Heldt (AUS) - 2004
音乐: Longtrain Running - Bananrama



Or Music: Achy Breaky Heart by Billy Ray Cyrus & will fit to most music
Split Floor: Who Did You Call Darling

RIGHT VINES WITH HIPS SWAYS

1-4 Step Right, Left behind Right Left, Step Right, Hold on count 4
5-8 Sway Hips Left, Right, Left, Right - [Weight on Right]

LEFT VINES WITH HIPS SWAYS

1-4 Step Left, Right behind Left, Step Left, Hold on count 4
5-8 Sways Hips Right, Left, Right, Left - [Weight on Left]

RIGHT & LEFT SKATES FORWARD, WITH HOLDS

1-2 Step R forward at [2:00] Step Left forward at [11:00]
3-4 Step R forward at [2:00], & Hold - [Wt. on R]
5-6 Step L forward at [11:00], Step Right forward at [2:00]
7-8 Step L forward at [11:00], & Hold - [Wt. on L]

WALK BACK RIGHT & LEFT, WITH HITCH

1-4 Walk back Right, Left, Right, Hitch Left Knee
5-8 Walk back Left, Right, Left, Touch Right toe next to Left

1/4 MONTERYS TO THE RIGHT

1-2 Point Right Toe to side, Step leg in & Pivot 1/4 Right
3-4 Point Left Toe to the side, bring leg back [Wt. on L]
5-6 Point Right Toe to side, Step leg in & Pivot 1/4 Right
6-8 Point Left Toe to the side, bring leg back in [Wt. on L]

RESTART: DANCE WITH ATTITUDE - HAVE FUN