Wrecked

拍数: 32

级数: High Beginner / low Intermediate

编舞者: Joe Steele (USA) - March 2012

音乐: Train Wreck (Dance Remix) - Marlee Scott

墙数:4

Count In: 16 counts from start of track – dance begins on vocals. Notes: There are 3 tags in this dance occurring on 4th & 8th wall after 16 counts add 4 sways RLRL On the 11th wall add four sways, RLRL, then restart.

[1 - 8] Shuffle forward 2x, $\frac{1}{2}$ turn shuffle left, coaster step.

- 1 & 2 Step R forward, slide L up beside right, step R forward
- 3 & 4 Step L forward, slide R up beside Left, Step L forward
- 5 & 6 Step R to side ¼ turn left, step L beside R, step back ¼ turn L 6:00
- 7 & 8 Step back L, Step back R, Step forward L

[9-16 Out out, In In 2x, vaudeville

- &1 & 2 Step R out, Step L out, Step R in, Step L In
- &3 & 4 Step R out, Step L out, Step R in, Step L in
- &5 & 6 Step R to side, Put L heel forward, Step back on L, Cross R over L
- &7 & 8 Step L to L side, Put R heel forward, Step back on R, Cross L over R

INSERT TAGS HERE ON 4TH AND 8TH WALL. SWAY RIGHT LEFT RIGHT LEFT THEN CONTINUE

[17 – 24] Shuffle R, Sailor, Behind side cross, Shuffle L

- 1 & 2 Step R to right, bring L beside R, Step R to R
- 3 & 4 Step L behind R, Step R to Right, Step L to Left
- 5 & 6 Step R behind Left, Step L to left, cross R over left
- 7 & 8 Step L to left, bring R beside left, step L to left

$\left[25-32\right]$ R toe behind left, unwind ½ turn, step ¼ R, step cross, behind side forward

- 1 2 Place R toe behind left, unwind ¹/₂ turn R, weight to R 12:00
- 3 4 Step forward L, pivot ¼ turn R, weight to R 3:00
- 5 6 Cross L over right, step R to side
- 7 & 8 Step L behind R, step R to right, step forward on L

INSERT TAG HERE AT END OF 11TH WALL, SWAY RIGHT LEFT RIGHT LEFT

Begin again. Have fun and enjoy

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