Down At The Station



拍數: 32 牆數: 4 級數: Improver

編舞者: Fred Whitehouse (IRE) - July 2015 音樂: Down At the Station - Billy Yates



Intro – 32 counts from start of track

Cross rock side shuffle x2

1,2	Rock RF	across LF,	recover	onto I
1.4	LOCK LI	acioss Li ,	IECOVEI	UIILU L

3&4 Step RF to R, close LF next to R, step RF to R

5,6 Rock LF across RF, recover onto R

7&8 Step LF to L, close RF next to L, step LF to L

Cross, side, sailor step, cross, side, sailor step 1/4 turn L

1,2 Cross RF over L, step LF to L side

3&4 Step RF behind L, step LF to L, step RF to R (angle body to R diagonal)

5,6 Cross LF over R, step RF to R side

7&8 Step LF behind R, step RF to R, ¼ turn L stepping LF forward (9.00)

R shuffle, L shuffle, step pivot ½ L x2

1&2	Step RF forward, close LF next to R, step RF forward
3&4	Step LF forward, close RF next to L, step LF forward
5,6	Step RF forward, pivot ½ turn L placing weight on L
7,8	Step RF forward, pivot ½ turn L placing weight on L

Kick & touch & kick & touch, cross rock, triple full turn L

1&2& Kick RF forward, step RF forward, touch LF behind R heel, step LF in place

3&4 Kick RF to R diagonal, touch LF beside R facing diagonal

5,6 Cross rock LF over R, recover onto R

7&8 ¼ turn L stepping LF forward (6.00), ½ turn L stepping RF back, ¼ turn L stepping LF to L

side (9.00)

*Restart happens on wall 8 after 16 counts.

Do not make the 1/4 turn on the second sailor step stay on 3 o'clock wall*

Enjoy

^{*} Restart here wall 8 *