

On a Train

拍數: 32 牆數: 4 級數: Improver
編舞者: Bracken Heidenreich (USA) - September 2021
音樂: Ridin' on a Train - Keb' Mo' : (Apple Music)



Start on the word "TIME" - no tags, no restarts

SECTION 1: HEEL GRIND, OFF-SYNC'D COASTER STEP (RIGHT AND LEFT SIDES)

1,2 Grind Right heel forward (or rock Right forward); Recover on Left in place
&34 & Step Right back (on ball); Step Left next to right (on ball); Step Right forward
5,6 Grind Left heel forward (or rock Left forward); Recover on Right in place
&78 & Step Left back (on ball); Step Right next to left (on ball); Step Left forward

SECTION 2: RIGHT TOE, HEEL, HOOK, STEP, LEFT TOE, HEEL, HOOK, STEP, FLICK, STEP, HOOK, STEP, SCUFF, HITCH, STOMP

1& Tap Right toes with right knee turned in; & Tap Right heel forward with knee turned out
2& Hook Right across left shin; & Step Right forward
3& Tap Left toes with left knee turned in; & Tap Left heel forward with knee turned out
4& Hook Left across right shin; & Step Left forward
5& Flick Right behind left calf; & Step Right back
6& Hook Left across right shin; & Step Left forward
7&8 Scuff Right forward; & Hitch Right knee; Stomp Right forward (allow body to open toward 9:00 wall for styling)

SECTION 3: QUARTER PUSH ROCK, CROSS SIDE, CROSS, SLIDE RIGHT, BALL CHANGE, FORWARD

1,2 Turn quarter (1/4) right while stepping Left toward 12:00 and pushing hips to left (toward 12:00); Recover on Right in place
&3,4 & Step Left across right; Step Right to right side; Step Left across right
5,6 Large step Right to right side; Drag Left to touch next to right
&7,8 & Step ball of Left back; Step Right in place; Step Left forward

SECTION 4: HIP BUMPS, KICK & BACK, ROLL & BACK, BACK ROCK

1&2& Touch Right next to left and bump hips right-center-right-center (in a C shape for styling)
3&4 Kick Right forward; & Step Right in place; Touch Left back
5 Transfer weight back on Left (option roll body)
&6 & Step Right back next to left; Step Left back (option roll body)
7,8 Rock Right back; Recover on Left in place

Enjoy the dance!

Stepsheet 9/10/2021