

Trains

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jenny Bounds (AUS)
音樂: Trains - Troy Cassar-Daley



LOCK STEP FORWARD, SHUFFLE FORWARD

1-2-3&4 Step right foot forward, lock left behind right, shuffle forward right-left-right (weight ends on right)

LOCK STEP FORWARD, SHUFFLE FORWARD

5-6-7&8 Step left foot forward, lock right behind left, shuffle forward left-right-left (weight ends on left)

ROCK FORWARD, SHUFFLE BACK

1-2-3&4 Step right foot forward, rock back on left, shuffle back right-left-right (weight ends on right)

ROCK BACK, SHUFFLE FORWARD

5-6-7&8 Step left foot back, rock forward on right, shuffle forward left-right-left (weight ends on left)

RIGHT TOE STRUT RIGHT, LEFT TOE STRUT RIGHT

1-2-3-4 Step right toe to right, drop right heel, step left toe in front of right, drop left heel down

RIGHT TOE STRUT RIGHT, LEFT TOE STRUT RIGHT

5-6-7-8 Step right toe to right, drop right heel, step left toe in front of right, drop left heel down (weight ends on left)

PADDLE TURNS LEFT X3, RIGHT KICK BALL CHANGE

1-2 Step right foot forward, swivel on balls of feet & turn $\frac{1}{4}$ turn left (weight ends on left)

3-4 Step right foot forward, swivel on balls of feet & turn $\frac{1}{4}$ turn left (weight ends on left)

5-6 Step right foot forward, swivel on balls of feet & turn $\frac{1}{4}$ turn left (weight ends on left)

RIGHT KICK BALL CHANGE

7&8 Kick right foot forward, and step right foot down next to left, step left next to right (weight ends on left)

REPEAT
