# Midnight Train



拍數: 32 牆數: 4 級數: Higher Improver - smooth Cha Cha

編舞者: Pedro Machado (UK) & Ben Martin (UK) - April 2014

音樂: Midnight Train to Georgia - Garth Brooks: (Album: Blame it All on My Roots -

Box Set)



## Section 1: R Side, L Coaster Step, R Step Lock step, L Sweep, L Cross, R Back lock step

1	Large step right to right side
2&3	Step left slightly back, step right next to left, step forward on left foot
4&5	Step forward on right, lock left foot behind right, step forward on right
6-7	"Sweep" left foot around from back to front, cross left foot over right
8&1	Step back on right foot, cross left over right, step back on right foot

## Section 2: L Side, Point R, ½ Turn R, Quick Rock to L side, Cross rock L, Recover R, L Side Cha Cha.

2-3	Step left to left side, point right to right side (Pull weight over left shoulder)
4	Turn half over right shoulder bringing right foot next to left taking weight on right
&5	Rock left foot to left side, recover weight onto right foot
6-7	Cross rock left foot over right, recover weight onto right foot
8&1	Step left foot to left side, bring right next to left, step left foot to left side

## Section 3: Walk Forward R, Walk Forward L, 1/4 Turn R Cha Cha, Step Full Turn Hook, Forward R Cha Cha

2-3	Walk forward Right, Walk forward left
4&5	Step right foot forward ¼ turn right, step left in place, step forward right

6-7 Step forward left, on the ball of left foot turn a full turn over right shoulder and hook right foot

in front of left shin (weight remains on left with right slightly off floor)

Step right forward, step left together, step forward on right

# Section 4: L Side Rock, Recover R, L Cross Rock and Side Rock, L Behind and Cross, Unwind 1/2 Turn, Hitch

2-3 Rock left foot out to left side, recover weight onto right

4&5& Cross rock left over right, recover weight back onto right, rock left foot to left side, recover

weight back onto right (Syncopated Rocks)

6&7 Cross left behind right, step right to right side, cross left over in front of right

8& Unwind ½ turn over right shoulder, lift right knee into a small hitch (ready to start the dance

again)

Enjoy the dance and Smile:)

Contact: benmartin211@gmail.com