

The Love Train

拍数: 32 墙数: 4 级数: Improver
编舞者: Sandra Speck (UK) - October 2014
音乐: Love Train - Billy Ocean : (Single)



Intro 24 counts (approx. 11 seconds)

WALK, WALK, HEEL TOE, WALK HEEL TOE WALK

- 1 – 2 Walk forward on right foot, walk forward on left foot
- 3 – 4 Touch right heel forward, touch right toe back
- 5 – 6 Walk forward on right foot, touch left heel forward
- 7 – 8 Touch left toe back, walk forward on left foot

FORWARD ROCK SHUFFLE ½ X 3

- 1 – 2 Rock forward on to right foot, recover on to left
- 3&4 Turn ¼ right stepping right to side, close left next to right, turn ¼ right stepping forward on right
- 5&6 Turn ¼ right stepping left to side, close right next to left, turn ¼ right stepping back on left
- 7&8 Turn ¼ right stepping right to side, close left next to right, turn ¼ right stepping forward on right (6 o'clock)

FORWARD ROCK, SIDE ROCK, BEHIND SIDE CROSS SHUFFLE

- 1 – 2 Rock forward on to left foot, recover on to right
- 3 – 4 Rock side on left foot, recover on to right
- 5 – 6 Step left behind right, step right foot to side
- 7&8 Cross left foot over right, step right foot to side, cross left foot over right

SIDE ROCK, BEHIND ¼ , SHUFFLE ½ STEP BACK, TOUCH

- 1 – 2 Rock side on right foot, recover on to left
- 3 – 4 Step right foot behind left, turn ¼ left stepping forward on left foot
- 5&6 Turn ¼ left stepping right foot to side, close left next to right, turn ¼ left stepping back on right (9 o'clock)
- 7 – 8 Rock back on left foot, touch right foot in front of left clicking fingers at shoulder height

Start again, and sing along. Enjoy!

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