

On A Train

拍数: 32 墙数: 4 级数: Improver
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音乐: On a Train - Northbrook



Starts from singing (16 seconds from the clip)

Section 1: R Walk, L Walk, Shuffle FWD , L Walk, R Walk, Shuffle FWD

1-2 RF walk forward, LF walk forward
3&4 Step RF forward, step LF next to RF(&), step RF forward
5-6 LF walk forward, RF walk forward
7&8 Step LF forward, step RF next to LF(&), step RF forward

Section 2: RF Rock FWD, Recover, Shuffle 1/2 Turn Right, LF Kick, Ball, Side Touch, RF Kick, Ball, Side Touch

1-2 Rock RF forward, recover weight on LF
3&4 Shuffle 1/2 turn right stepping right, left, right (6)
5&6 Kick LF forward, step ball LF next to RF(&), touch RF to right side
7&8 Kick RF forward, step ball RF next to LF(&), touch LF to Left side

Section 3: Cross, 1/4 Turn L(RF step back), LF Chassé, Cross, 1/4 Turn R(LF step back), RF Chassé

1-2 Cross LF over RF, step RF 1/4 back (3)
3&4 Step LF to left side, step RF next to LF(&), step LF to left side
5-6 Cross RF over LF, step LF 1/4 back (6)
7&8 Step RF to right side, step LF next to RF(&), step RF to right side

Section 4: LF Cross Rock, Recover, LF Chassé, Walk Around 3/4 Circle Left

1-2 Cross rock LF over RF, recover weight on RF
3&4 Step LF to left side, step RF next to LF(&), step LF to left side
5-8 Walk around a 3/4 turn(circle) to your left, R, L, R, L (9)

Start again! Enjoy Dancing Always

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