Night Train

拍数: 64	墙数: 4	级数: Improver / Intermediate
编舞者: John Sandham (ES) - March 2016		
音乐: Lay Down Sally (Asleep the Wheel)		

Faster music: You Belong To Me (Bryan Adams)

Sec 1: Lt side-forward-H-Rt side-Back-H.

1-2	step left foot to side. Slide right foot beside left.
3-4	step forward on left foot. Hold.
5-6	step right foot to right side. Slide left beside right.
7-8	step back on right foot. Hold.

Sec 2: ¼ lt side-forward-H-Rt side-back-H.

1-2	¼ turn left stepping left to side. Slide right foot beside left.
3-4	step forward on left foot. Hold.
5-6	step right foot to right side. Slide left foot beside right.
7-8	step back on right foot. Hold.

Sec 3: Lt side-Tog-side-H-Behind-side-cross-turn.

1-2	step left foot to side. Slide right beside left.
3-4	step left foot to the side. Hold
5-6	cross right foot behind left. Step left foot to side.
7-8	cross right foot over left. Make a ¼ turn right (keeping lt in the air)

Sec 4: Lt step-slide-step-H- Rt step-slide-step-H.

1-4	step forward on left. slide right behind left. step forward on left. Hold
5-8	Repeat on Right foot

Sec 5: Rock-Rec-turn-H- turn-turn-turn-H

1-2	rock forward on left foot. Recover back on right.
3-4	make a ½ turn to left stepping forward on left. Hold.
5-8	make a ½ turn to left stepping on right. left. right. Hold.

Sec 6: Behind-side-cross-H- slide -2-3-H.

1-2	cross Left foot behind right. step right foot to side.
3-4	cross left foot over right. Hold.
5-8	big step to Right side on right foot. Slide Left beside right. Hold.

Sec 7: Slow turn Left. ¼-1/2-1/2-Touch & H

1-2	on the SLOW steps make ¼ to left stepping forward on left foot.
3-4	make a ½ turn to Left stepping back on right foot.
5-6	make a ½ turn to left. Stepping forward on left foot.
7-8	touch right foot next to left. Hold.

Sec 8: Slide back -2 -3-H- Hips-2-3-4.

1-4	long step back on right to right Diagonal. Slide left back to right. Hold,
5-8	stepping left to side push hips left-right-left-right.

Start over !

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