

Soul Train

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Wil Bos (NL) - December 2017
音乐: Soul Train - Johnny Reid : (Album: Revival)



Intro: 32 counts

Sequence: 64, 64, 32 Restart, 32 Restart, 64, 8 With Step Change Restart, 64 , 64

S1: Step Fwd, 1/4 Turn R, vaudeville, 1/4 Turn L, 1/4 Turn L into Chassé

1-2 RF. Step fwd, LF. 1/4 Turn right step side (3)
3&4 RF. Cross behind LF, LF. Step slightly back, RF. Dig heel diag fwd
&5-6 RF. Together, LF. Cross over RF, RF. 1/4 Turn left step back (12)
7&8 LF. 1/4 Turn left Step side, RF. Together, LF. Step side (9) *R 3*

S2: vaudeville, & Touch, & Heel, & Cross, 1/4 Turn L

1-2-3&4 RF. Cross over, LF. Step side, RF. Cross behind LF, LF. Step slightly back, RF. Dig heel diag fwd
&5&6 RF. Together, LF. Touch toe beside RF, LF. Step slightly back, RF. Dig heel diag fwd
&7-8 RF. Together, LF. Cross over RF, RF. 1/4 Turn left step back (6)

S3: 1/4 Turn L, Hold, Close, Step L Side, Cross, Scissor Step, Kick Ball Cross

1-2&3 LF. 1/4 Turn left step side, Hold, RF. Step next to LF, LF. Step side (3)
4-5&6 RF. Cross over, LF. Step Side, RF. Step next LF, LF. Cross over RF
7&8 RF. Kick diag R fwd, RF. Step Right beside LF, LF. Cross over RF

S4: Step Side with hip bumps R, Hip Bumps L, Turn Hips clockwise in 3 Counts, Step Behind, Cross Over

1&2-3&4 RF. Step side bump hips to right , Bump hips to left, bump hips to right, Bump hips to left
5-6-7 Turn Hips clockwise in 3 Counts (weight on LF)
&-8 RF. Step behind LF, LF. Cross over RF *R 1*R 2

S5: Point, Hold, & Point, & Cross, 1/4 Turn R, Step Side, Shuffle Fwd

1-2 RF. Touch toe R side, Hold
&3&4 RF. Together, Touch toe L side, LF. Together, RF. Cross over
5-6 LF. 1/4 Turn right, RF. Step side (6)
7&8 LF. Step fwd, RF. Together, LF. Step fwd

S6: Rock Fwd, Recover, & Out Backwards, Hold & Clap, & Out Backwards, Hold & Clap, Coaster Step

1-2 RF. Rock fwd, LF. Recover
&3-4 RF. step back (out), LF. Step back (out), Hold & clap
&5-6 RF. step back (out), LF. Step back (out), Hold & clap
7&8 RF. Step back, LF. Together, RF. Step fwd

S7: Walk L,R Fwd, 1/4 Turn L, Cross Shuffle, Side Rock. Recover, & Together, Cross

1-2-3 LF. Step fwd, RF. Step fwd, 1/4 Turn left (3)
4&5 RF. Cross over, LF. Step side, RF. Cross over
6-7 LF. Side rock, RF. Recover
&8 LF. Together, RF. Cross over

S8: Side Rock. Recover, Sailor 1/4 Turn L, Step Fwd, Pivot 1/2 Turn L, Walk R,L Fwd

1-2 LF. Side rock, RF. Recover
3&4 LF 1/4 left cross behind, RF step beside, LF step slightly forward (12)
5-6 RF. Step fwd, Pivot 1/2 turn left (6)
7-8 RF. Step fwd, LF. Step fwd

Start Again

Restart 1: On 3rd wall after 32 counts, make 1/4 turn right Step RF Forward (6:00)

Restart 2: On 4th wall after 32 counts, make 1/4 turn right Step RF Forward (12:00)

Restart 3: On 6th wall after 8 counts, make Step Changing replace the ¼ Chassé left in Shuffle 1/2 turn left
On Count 7&8 (12:00)

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