

# Train Wreck

拍数: 48      墙数: 2      级数: High Improver  
编舞者: Niels Poulsen (DK) - August 2021  
音乐: Can't Let Go - Jill King : (iTunes etc.)



**Intro: 48 counts intro. App. 17 secs. into the track. Start with weight on L foot**

**Tag: 16 counts. Described at bottom of page**

**Ending: Wall 10 is your last wall (starts at 6:00). Finish on count 43, facing 12:00**

**[1 - 8] Stomp R fwd, stomp L together, Monterey ¼ R, R heel hook**

- 1 - 2      Stomp R fwd (1), stomp L next to R (2) 12:00
- 3 - 6      Point R to R side (3), turn ¼ R on L stepping R next to L (4), point L to L side (5), step L next to R (6) 3:00
- 7 - 8      Touch R heel fwd (7), hook R heel in front of L leg (8) 3:00

**[9 - 16] Fwd tap, back kick, R back lock step, Hold**

- 1 - 4      Step R fwd (1), tap L behind R (2), step back on L (3), kick R fwd (4) 3:00
- 5 - 8      Step back on R (5), lock L over R (6), step back on R (7), Hold (8) 3:00

**[17 - 24] Back mambo ½ R, Hold, back mambo ¼ L, Hold**

- 1 - 4      Rock back on L (1), recover on R (2), turn ½ R stepping back on L (3), Hold (4) 9:00
- 5 - 8      Rock back on R (5), recover on L (6), turn ¼ L stepping R to R side (7), Hold (8) 6:00

**[25 - 32] L back rock side, Hold, R back rock side, Hold**

- 1 - 4      Rock back on L (1), recover on R (2), step L a big step to L side (3), Hold (4) 6:00
- 5 - 8      Rock back on R (5), recover on L (6), step R a big step to R side (7), Hold (8) 6:00

**[33 - 40] Behind side cross, sweep, weave, sweep**

- 1 - 4      Cross L behind R (1), step R to R side (2), cross L over R (3), sweep R to R side (8) 6:00
- 5 - 8      Cross R over L (5), step L to L side (6), cross R behind L (7), sweep L to L side (8) 6:00

**[41 - 48] Behind side fwd, Hold, R rocking chair**

- 1 - 4      Cross L behind R (1), step R to R side (2), step L fwd (3), Hold (4) 6:00
- 5 - 8      Rock fwd on R (5), recover back on L (6), rock back on R (7), recover fwd onto L again (8) 6:00

**Start Again**

**Tag: 16 counts. It comes 3 times. After walls 1, 3 and 7. Each time facing 6:00**

**[1 - 8] R heel grind ¼ R, R back rock. Repeat these 4 counts**

- 1 - 4      Touch R heel fwd (1), grind R heel ¼ R stepping L to L side (2), rock back on R (3), recover on L (4) 9:00
- 5 - 8      Repeat counts 1-4 12:00

**[9 - 16] R step lock step, Hold, step turn step, Hold**

- 1 - 4      Step R fwd (1), lock L behind R (2), step R fwd (3), Hold (4) 12:00
- 5 - 8      Step L fwd (5), turn ½ R onto R (6), step L fwd (7), Hold (8) 6:00