

Train Wreck (P)

拍数: 48 墙数: 0 级数: High Improver Partner
编舞者: Leila Jensen (DK) - August 2021
音乐: Can't Let Go - Jill King : (iTunes etc.)



Based on the Line dance by Niels Poulsen - Restated for couples by: Leila Jensen
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

Sweetheart position

[1 - 8] Stomp R fwd, stomp L together, Point R, together, point L, together, R heel hook

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

[9 - 16] Fwd tap, back hook, R forward lock step, Hold

- 1 - 4 Step R fwd (1), tap L behind R (2), step back on L (3), hook R heel in front of L leg (4)
- 5 - 8 Step forward on R (5), lock L behind R (6), step forward on R (7), Hold (8)

[17 - 24] Forward mambo (release L hand) ½ L, Hold, forward mambo (release R hand) ½ R, Hold

- 1 - 4 Rock forward on L (1), recover on R (2), turn ½ R stepping back on L (3), Hold (4)
- 5 - 8 Rock forward on R (5), recover on L (6), turn ½ L stepping back on R (7), Hold (8)

[25 - 32] (Back to sweetheart) 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)
- 5 - 8 Rock back on R (5), recover on L (6), step R a big step to R side (7), Hold (8)

[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, (release hands) step turn step, Hold (back in sweetheart position)

- 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

