

The Train

拍数: 32 墙数: 4 级数:
编舞者: Unknown - June 2019
音乐: 5,6,7,8 - Steps



RIGHT GRAPEVINE HEEL JACK, LEFT GRAPEVINE HEEL JACK

1-2 Step right to side, cross left behind
&3&4 Step right slightly back, touch left heel forward, step left, cross right over left
5-6 Step left to side, cross right behind
&7&8 Step left slightly back, touch right heel forward, step right, cross left over right

ROCK, RECOVER LEFT, SHUFFLE ½ Turn, ROCK, RECOVER RIGHT, SHUFFLE ½ Turn

1-2 Rock forward on right foot, recover on left
3&4 Turn ½ to right shuffle (right, left, right)
5-6 Rock forward on left foot, recover on right
7&8 Turn ½ to left shuffle (left, right, left)

STOMP, JUMPING JACK, CROSS/UNWIND ¾ TURN

1-2 Stomp right, stomp left
3-4 Jump feet apart, jump feet together crossing right over left
5-6 Unwind ¾ turn to the left
7-8 Stomp right, stomp left

HIPS RIGHT X2, HIPS LEFT X2, LEFT/RIGHT HIP ROLL X2

1-2 Push hips right twice
3-4 Push hips left twice
5-6 Roll hips left to right
7-8 Roll hips left to right (pull fists in for two counts during this roll)

REPEAT

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