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拍数: 32 墙数: 4 级数: Improver
编舞者: PJ (UK) - September 2023
音乐: Heart Like a Train - Nancy Hays



#16 COUNT INTRO – START ON VOCALS)

[1 ~ 8] CHASSE RIGHT, CROSS ROCK, RECOVER, CHASSE LEFT, CROSS ROCK, RECOVER

- 1 & 2 STEP RIGHT FOOT TO RIGHT SIDE, CLOSE LEFT BESIDE RIGHT, STEP RIGHT FOOT TO RIGHT SIDE
- 3 ~ 4 ROCK FORWARD ON LEFT FOOT, RECOVER WEIGHT BACK ONTO RIGHT FOOT
- 5 & 6 STEP LEFT FOOT TO LEFT SIDE, CLOSE RIGHT BESIDE LEFT, STEP LEFT FOOT TO LEFT SIDE
- 7 ~ 8 ROCK FORWARD ON RIGHT FOOT, RECOVER WEIGHT BACK ONTO LEFT FOOT

RESTART: WALL 4 (9:00) AND WALL 8 (6:00): RESTART THE DANCE FROM THE BEGINNING AT THIS POINT.

[9 ~ 16] SHUFFLE ½ TURN RIGHT, ROCK FORWARD, RECOVER, LEFT COASTER STEP, WALK FORWARD

- 1 & 2 SHUFFLE ½ TURN RIGHT, STEPPING RIGHT LEFT RIGHT (6:00)
- 3 ~ 4 ROCK FORWARD ON LEFT FOOT, RECOVER WEIGHT BACK ONTO RIGHT FOOT
- 5 & 6 STEP BACK ON LEFT FOOT, CLOSE RIGHT BESIDE LEFT, STEP FORWARD ON LEFT FOOT
- 7 ~ 8 STEP FORWARD ON RIGHT FOOT, STEP FORWARD ON LEFT FOOT

[17 ~ 24] STEP, TOE & HEEL & STEP, FORWARD ROCK, RECOVER, RIGHT SHUFFLE BACK

- 1 STEP FORWARD ON RIGHT FOOT
- 2 & 3 TOUCH LEFT TOE TO RIGHT INSTEP, STEP BACK ON LEFT FOOT, TOUCH RIGHT HEEL FORWARD
- & 4 CLOSE RIGHT BESIDE LEFT, STEP FORWARD ON LEFT FOOT
- 5 ~ 6 ROCK FORWARD ON RIGHT FOOT, RECOVER WEIGHT BACK ON LEFT FOOT
- 7 & 8 STEP BACK ON RIGHT FOOT, CLOSE LEFT BESIDE RIGHT, STEP BACK ON RIGHT FOOT

[25 ~ 32] STEP BACK, POINT, STEP FORWARD, POINT, JAZZ BOX ¼ TURN LEFT WITH TOUCH

- 1 ~ 2 STEP BACK ON LEFT FOOT, POINT RIGHT TOE TO RIGHT SIDE
- 3 ~ 4 STEP FORWARD ON RIGHT FOOT, POINT LEFT TOE TO LEFT SIDE
- 5 ~ 6 CROSS STEP LEFT OVER RIGHT, STEP BACK ON RIGHT FOOT
- 7 ~ 8 MAKE ¼ TURN LEFT STEPPING LEFT FOOT TO LEFT SIDE, TOUCH RIGHT TOE BESIDE LEFT (3:00)

RESTARTS

THERE ARE 2 RESTARTS FOLLOWING THE CHORUS ON WALLS 4 AND 8. DANCE THE FIRST 8 COUNTS, THEN RESTART. SIMPLES!

Last Update: 25 Oct 2023