

I'm a Trainwreck

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
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音乐: Story of a Trainwreck - The Lacs



Intro: 32 counts - No Tag, No Restart

[1-8] SHUFFLE FWD, ROCK FWD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER,

1&2 Step R forward, step L together R, Step R forward
3-4 Rock step L forward, recover on R
5&6 Step L forward, step R together L, Step L forward
7-8 Rock step R back, recover on L

[9-16] CROSS POINT (x4)

1-2 Cross step R over L, point L to left side
3-4 Cross step L over R, point R to right side
5-6 Cross step R over L, point L to left side
7-8 Cross step L over R, point R to right side

[17-24] CROSS ROCK, SHUFFLE SIDE to R, CROSS ROCK, SHUFFLE SIDE to L

1-2 Cross step R over L, recover on L
3&4 Step R to right side, step L together R, step R to right side
5-6 Cross step L over R, recover on R
7&8 Step L to left side, step L together R, Step L to left side

[25-32] STEP ¼ TURN to L (x2), HEEL FWD, HOOK, HEEL FWD, FLICK OUT

1-2 Step R forward, ¼ turn to left side
3-4 Step R forward, ¼ turn to left side (6:00)
5-6 Heel R forward, hook R over L
7-8 Heel R forward, flick R out
