

Midnight Train

拍数: 32 墙数: 2 级数: Improver
编舞者: Mark Caley (UK) & Jan Caley (UK)
音乐: All Rise - Blue



SLIGHTLY BACK & CROSS, IN FRONT & BEHIND, BACK & CROSS, STEP PIVOT STEP ¼ TURN LEFT

1&2 Rock left slightly diagonally back, recover weight to right, cross left diagonally in front of right
3&4 Rock right diagonally in front, recover weight to left, step right diagonally back behind left
5&6 Rock left slightly diagonally back, recover weight to right, cross left diagonally in front of right
7&8 Rock right to right side, replace weight to left making a ¼ turn left, step forward on right

Now facing 9:00

BUMP LEFT HIP, STEP TURN STEP ½ LEFT, STEP TURN STEP FULL TURN RIGHT ROCK RECOVER, HITCH RIGHT

9&10 Touch left toe slightly forward and bump left hip forward, back, forward (transfer weight to left)
11&12 Step forward on right, pivot ½ turn left, step forward on right
13&14 Step forward left, pivot ½ turn right, step forward on left making ½ turn right
15&16 Rock back on right, recover weight to left, hitch right knee up slightly

Now facing 3:00

RIGHT ROCKS, BEHIND, SIDE, CROSS, LEFT ROCKS . BEHIND, SIDE, CROSS

17& Rock right slightly forward at right diagonal, recover weight to left
18& Rock right to right side, recover weight to left
19&20 Cross right behind left, step left to left side, cross right in front of left
21& Rock left slightly forward at left diagonal, recover weight to right
22& Rock left to left side, recover weight to right
23&24 Cross left behind right, step right to right side, cross left in front of right

Now facing 3:00

Counts 17&18& and 21&22& are small push rock steps using the ball of the foot

HEEL, TOE, STEP TURN STEP ½ TURN LEFT, LEFT SHUFFLE FORWARD WITH FULL TURN RIGHT, ROCK & CROSS MAKING ¼ TURN LEFT

25-26 Touch right heel forward, touch right toe back
27&28 Step right forward, pivot ½ turn left, step forward on right
29&30 Left shuffle forward making full turn right (left, right, left)
31&32 Rock right forward, recover weight to left making ¼ turn left, cross right in front of left

Now facing 6:00

The turning left shuffle forward (counts 29&30) can be just a normal left shuffle forward

REPEAT

TAG

When using "All Rise" by Blue, after the 3rd sequence, add the following (you will be facing the back when you start and end the tag)

1-2 Step forward on left, pivot ½ turn right
3&4 Left shuffle forward left, right, left
5-6 Step forward on right, pivot ½ turn left
7&8 Right shuffle forward right, left, right

When dancing to the other tracks do not add the tag