

Peace Train

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Julie Molkner (AUS)
音乐: Peace Train (Holy Roller Mix) - Dolly Parton



OUT-OUT, HEEL-BALL-CROSS, HEEL-BALL-CROSS, ROCK, ROCK

- &1-2 Step right to right side, step left to left side, clap
- 3&4 Tap left heel forward 45 degrees, step back on ball of left, cross right over left
- 5&6 Tap left heel forward 45 degrees, step back on ball of left, cross right over left
- 7-8 Step left foot to left side, return weight to right foot

CROSS SHUFFLE, STEP, PIVOT, STEP, KICK, COASTER STEP

- 1&2 Step left across over right, step right to right side, step left across over right
- 3-4 Step right to right side pivoting ½ turn left on ball of right foot, step left foot slightly forward
- 5-6 Step right across over left, kick left foot forward 45 degrees
- 7&8 Step back on left, step right beside left, step forward on left

STOMP, HOLD, HEEL-BALL-CHANGE, SHUFFLE, FULL TURN

- 1-2 Stomp right foot forward, hold
- Option: On the stomp, extend left arm forward with palm facing forward in the "stop" position**
- 3&4 Turn ¼ turn left and touch left heel forward, step together with left toe, step together with right
- 5&6 Shuffle slightly forward left-right-left
- 7-8 Turn ½ turn left on ball of left foot and step back on right, turn ½ turn left on ball of right foot & step forward on left

STEP-SLIDES RIGHT & LEFT

The following steps have a push/pull action, with both arms (bent at elbows, hands closed into fists) mimicking the hips

- 1 Turning 45 degrees right, step forward on right while pushing hips & hands forward
- 2 Slide left foot up to right dropping hips & pulling elbows back
- 3 Step forward on right pushing hips and hands forward
- 4 Turn 45 degrees left and tap left foot beside right with a clap

- 5 Turning 45 degrees left, step forward on left while pushing hips & hands forward
- 6 Slide right foot up to left dropping hips & pulling elbows back
- 7 Step forward on left pushing hips and hands forward
- 8 Turn 45 degrees right and tap right foot beside left with a clap

REPEAT
