

Take Da Train

拍数: 32 墙数: 4 级数: Improver
编舞者: Nancy Morgan (USA)
音乐: C'mon N' Ride It (The Train) - Quad City DJ's



Long intro. Start when the man starts singing, if you start before that, you will be out of phrase.

WALK, WALK, HEEL AND HEEL AND STEP, PIVOT ½ TURN, BOUNCE TWICE

- 1-2 Walk forward - right, left
- 3&4& Put right heel forward, put right next to left as you put left heel forward, put left next to right
- 5-6 Put right foot forward, pivot ½ turn to your left (keep weight on right)
- 7-8 Bounce up and down 2 times (put your thumb out like you are hitching a ride)

KICK-BALL-STEP FORWARD, KICK-BALL-STEP FORWARD, SWIVEL TWICE ¼ RIGHT, KICK-BACK-TOGETHER

- 1&2 Kick right foot forward, put right foot next to left, step forward on left
- 3&4 Kick right foot forward, put right foot next to left, step forward on left
- 5&6 Swivel on balls of both feet two times as you turn ¼ to your right (keep weight on left)
- 7&8 Kick right foot forward, put right foot next to left, step left next to right (weight is even)

HOP TO RIGHT TWICE, HOP TO LEFT TWICE

- &1-2 Hop to right side - step right, touch left, hold
- &3-4 Hop to right side - step right, touch left, hold
- &5-6 Hop to left side - step left, touch right, hold
- &7-8 Hop to left side - step left, touch right, hold

STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, HOLD, STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, HOLD

- &1 Step right foot forward towards 1:00, touch left next to right
- &2 Step left foot forward towards 11:00, touch right next to left
- &3-4 Step right foot forward towards 1:00, touch left next to right, hold
- &5 Step left foot forward towards 11:00, touch right next to left
- &6 Step right foot forward towards 1:00, touch left next to right
- &7-8 Step left foot forward towards 11:00, touch right next to left, hold

REPEAT
