

Train Wreck

拍数: 32 墙数: 4 级数: Improver
编舞者: Cathy Montgomery (CAN)
音乐: Might As Well Have Been A Train - Collin Amey



RIGHT HEEL, LEFT HEEL ¼ TURN RIGHT HEEL, LEFT HEEL, ROCK RECOVER RIGHT COASTER STEP

- 1&2& Touch right heel forward, step right foot beside left, touch left heel forward, step left foot beside right
- 3&4& Turn ¼ right and touch right heel forward, step right foot beside left, touch left heel forward, step left foot beside right
- 5-6 Rock right foot forward, recover onto left
- 7&8 Step right foot back, step left foot beside right, step right foot forward

STEP FORWARD LEFT ½ TURN PIVOT, SHUFFLE FORWARD LEFT, SAILOR RIGHT, SAILOR LEFT

- 1-2 Step left foot forward, turn ½ right (weight to right)
- 3&4 Shuffle forward stepping left, right, left
- 5&6 Step right foot slightly behind left, step left foot beside right, step right foot slightly forward
- 7&8 Step left foot slightly behind right, step right foot beside left, step left foot slightly forward

RIGHT HEEL BALL CHANGE, RIGHT TOE STRUT, LEFT HEEL BALL CHANGE, LEFT TOE STRUT

- 1&2 Touch right heel forward, step right foot back, step left foot in place
- 3-4 Touch right toe forward, step right foot in place
- 5&6 Touch left heel forward, step left foot back, step right foot in place
- 7-8 Touch left toe forward, step left foot in place

SYNCOPATED JAZZ BOXES, TWO RIGHT TOE TAPS

- 1-3 Cross step right foot over left, step left foot back, step right foot to side
- 4-6 Cross step left foot over right, step right foot back, step left foot to side
- 7-8 Touch right toe beside left foot, touch right toe beside left foot

REPEAT

TAG

Before you start your fifth wall

STEP TOUCHES, STARTING ON RIGHT FOOT

- 1-2 Step right foot diagonally forward, touch left toe beside right
- 3-4 Step left foot diagonally back, touch right toe beside left
- 5-6 Step right foot diagonally back, touch left toe beside right
- 7-8 Step left foot diagonally forward, touch right toe beside left
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