

The Train

拍数: 16 墙数: 4 级数: Beginner
编舞者: Unknown
音乐: C'mon N' Ride It (The Train) - Quad City DJ's



PULL THE WHISTLE

- 1&2 Step forward on right foot, while pulling train whistle with right hand
- 3&4 Step forward on left foot, while pulling train whistle with left hand
- 5&6 Step forward on right foot, while pulling train whistle with right hand
- 7&8 Step forward on left foot, while pulling train whistle with left hand

ARM MOVEMENTS (NO FOOT MOVEMENTS HERE...)

- 1 Pull elbows into sides (fists are sticking out, palms up)
- 2 Cross arms out in front of you
- 3 Pull elbows back into sides
- 4 Pull again

GRAPEVINE WITH ¼ TURN

- 5-7 Vine to the right (side step right to right; step left behind right; side step right to right)
- 8 Step left next to right and turn ¼ turn to left(clap hands at the same time)

REPEAT

HELPFUL HINTS...

- (1) When doing the first 8 counts...both elbows bent, and both hands in fists.. right arm is up, like pulling, left arm is horizontal with fist touching right elbow...kind of like in the old hand jive.
- (2) Since the song is so long, towards the end, start "the train" and do some funky stuff with it, such as bending real low, kicking legs out, and spiraling in and out of a circle!

VARIATION

If you want to make it more difficult...when doing the pull in cross part.. when pull elbows in, jump both feet out to the sides... when crossing your arms, cross your feet right over right...then unwind while the double pull...then vine from there.