

Iron Horse

拍数: 32 墙数: 4 级数: Beginner
编舞者: Maureen Ash
音乐: Iron Horse - Hank Williams, Jr.



STEP FORWARD ROCK BACK, COASTER STEP, WALK FORWARD

1-2 Step left forward, rock back onto right
3&4 Step back on left, step right beside left, step forward on left (coaster step)
5-6-7-8 Walk forward: right-left-right-left

TOE TO SIDE, SLAP HEEL, SIDE, IN FRONT, ¼ TURN, HOLD, BOUNCE HEELS, SLAP THIGHS

1-2 Point right toe to right side, slap right heel behind left leg with left hand
3-4 Point right toe to right side, place right foot in front of left leg with toes turned diagonally right
5-6 Swivel ¼ left on balls of both feet, hold
7-8 Bounce both heels twice, slap hands down and up on outside of thighs

Variation of beats 15 and 16: motorbike revs substitute for thigh slaps, and knees parted slightly with the heel bounces

VINE LEFT ½ TURN HITCH, VINE RIGHT, HEEL FORWARD

1-2 Step left to the side, step right behind left
3-4 Step left to side ½ turn left, hitch right and clap
5-6 Step right to the side, step left behind right
7-8 Step right to the side, left heel forward

HITCH, STOMP, SHUFFLE, STEP BACK, ROCK FORWARD

1-2 Hitch left knee slap with right hand, left heel forward
3-4 Lower left foot to floor, stomp right foot alongside left
5&6 Shuffle right: right-left-right
7-8 Step back left, rock forward on the right

REPEAT
