

Fast Train

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Dianne Joseph (AUS)
音乐: Fast Train - Alby Pool & No City Limits



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- 1-4 Step right to side rolling hips to right, hold, step left to side rolling hips to left, hold
5-8 Step right to side, step left beside right, step right to side, step left beside right
- 9-12 Step left to side rolling hips to left, hold, step right to side rolling hips to right, hold
13-16 Step left to side, step right beside left, step left to side, step right beside left
- 17-20 Stomp/step forward onto right, hold, turn ¼ turn left, hold
21-24 Stomp/step forward onto right, hold, turn ¼ turn left, hold
- 25-28 Touch right heel forward, slap right toes down and clap, touch left heel forward, slap left toes
 down and clap
- 29-32 Chug steps forward right, left, right, step left beside right
33-36 Twist both heels to right, center, left, center
- 37-42 Step back onto right, hold, step back onto left, hold, step back onto right, turn ¼ turn left and
 step left beside right
- 43-48 Step forward onto right, hold, step forward onto left, hold, step forward onto right, step left
 beside right

REPEAT
