

Aedan

拍数: 0 墙数: 1 级数: Intermediate
编舞者: Irène Cousin
音乐: Love Train - Big & Rich



Sequence: ABBC ABBB ABBC

PART A

SIDE RIGHT SHUFFLE, ROCK STEP, SIDE SHUFFLE LEFT, ROCK STEP

1&2 Step right to right side, step left together, step right to right side
3-4 Rock step left behind right, recover weight forward onto right foot
5&6 Step left to left side, step right together, step left to left side
7-8 Rock step right behind left, recover weight forward onto left foot

SHUFFLE RIGHT, SHUFFLE LEFT, POINT RIGHT, HEEL FORWARD, TOE BACK, POINT LEFT

1&2 Step forward on right, step left together, step forward on right
3&4 Step forward on left, step right together, step forward on left
5 Touch right toe to right side
&6 Switch: step right together, touch left heel forward
&7 Switch: step left together, touch right toe back
&8 Switch: step right together, touch left toe to left side

STEP FORWARD, PIVOT TURN, STEP FORWARD, PIVOT TURN, JAZZ BOX ¼ TURN RIGHT

1-2 Step forward on left, ½ pivot turn right (weight right)
3-4 Step forward on left, ½ pivot turn right (weight right)
5-6 Cross left over right, step back on right turning ¼ turn left
7-8 Step on left turning ¼ turn left, step right together (weight right)

SIDE SHUFFLE LEFT, ROCK STEP, SIDE SHUFFLE RIGHT, ROCK STEP

1&2 Step left to left side, close right beside left, step left to left side
3-4 Rock step right behind left, recover weight forward onto left foot
5&6 Step right to right side, close left beside right, step right to right side
7-8 Rock step left behind right, recover weight forward onto right foot

LEFT SHUFFLE, SHUFFLE RIGHT, POINT LEFT, HEEL FORWARD, TOE BACK, POINT RIGHT

1&2 Step forward on left, step right together, step forward on left
3&4 Step forward on right, step left together, step forward on right
5 Touch left toe to left side
&6 Switch: step left together, touch right heel forward
&7 Switch: step right together, touch left toe back
&8 Switch: step left together, touch right toe to right side

STEP FORWARD, PIVOT TURN, STEP FORWARD, PIVOT TURN, JAZZ BOX ¼ TURN LEFT

1-2 Step forward on right foot, pivot ½ turn to left and step on left foot
3-4 Step forward on right foot, pivot ½ turn to left and step on left foot
5-6 Cross right over left, step back on left turning ¼ turn right
7-8 Step on right turning ¼ turn right, step left together (weight left)

PART B

RIGHT SIDE, CROSS, SIDE, KICK, LEFT SIDE, CROSS, SIDE, KICK

1-2-3 Step to right on right, cross left over right, step to right on right
3-4 Kick left forward diagonally left %

5-6-7 Step to left on left, cross right over left, step to left on left
8 Kick right forward diagonally right &

BEHIND, SIDE, CROSS, HEEL TOUCH, BEHIND, SIDE, CROSS, HEEL TOUCH, HITCH

1-2 Cross right behind left, step to left on left
3-4 Cross right over left, touch left heel forward diagonally left g %
5-6 Cross left behind right, step to right on right
7-8 Cross left over right, touch right heel forward diagonally right d &
& Hitch right forward

Option:

BEHIND, SIDE, CROSS, SIDE, BEHIND, SIDE, CROSS, HEEL TOUCH, BEHIND, SIDE, CROSS, SIDE, BEHIND, SIDE, CROSS, HEEL TOUCH, HITCH

1-2 Cross right behind left, step to left on left
&3 Cross right over left, step to left on left
&4 Cross right behind left, touch left heel forward diagonally left g %
56 Cross left behind right, step to right on right
&7 Cross left over right, step to right on right
&8 Cross left behind right, touch right heel forward diagonally right d &
& Hitch right forward

WALK, WALK, WALK, KICK, ½ TURN LEFT, ½ TURN LEFT, LEFT COASTER STEP, STEP RIGHT

1-2-3 Step forward on right, step forward on left, step forward on right
4 Kick left foot forward
5-6 ½ turn left and step forward on left, ½ turn left and step back on right
7&8 Step back onto ball of left, step back onto ball of right, step forward on left
& Step right together (weight right)

WALK, WALK, WALK, KICK, ½ TURN RIGHT, ½ TURN RIGHT, RIGHT COASTER STEP, STEP LEFT

1-2-3 Step forward on left, step forward on right, step forward on left
4 Kick right foot forward
5-6 ½ turn right and step forward on right, ½ turn right and step back on left
7&8 Step back onto ball of right, step back onto ball of left, step forward on right
& Step left together (weight left)

PART C

STEP FORWARD, PIVOT TURN, SHUFFLE RIGHT, ROCK STEP, LEFT COASTER STEP

1-2 Step forward on right foot, pivot ½ turn to left and step on left foot
3&4 Shuffle forward on right, left, right
5-6 Step forward on left, rock back onto right
7&8 Step back onto ball of left, step back onto ball of right, step forward on left

ROCK STEP, RIGHT COASTER STEP, STEP FORWARD, PIVOT TURN, SHUFFLE LEFT

1-2 Step forward on right, rock back onto left
3&4 Step back onto ball of right, step back onto ball of left, step forward on right
5-6 Step forward on left foot, pivot ½ turn right and step on right foot
7&8 Shuffle forward on left, right, left
