

Runaway Train

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Linda Wolfe (AUS) - May 2016
音樂: Runaway Train - Cam : (CD: Untamed iTunes - 2:58)



#16 Count Intro from heavy beat

S1: Step. Drag. Together. Cross. Side. Behind. Side. Cross. Side Rock. Replace 1/4 Turn Right.

1&2 Step Right to Right side. Drag Left towards Right. Step Left beside Right.
3-4 Cross Right over Left. Step Left to Left side.
5&6 Step Right behind Left. Step Left to Left side. Cross Right over Left.
7-8 Rock Left to Left side. Making 1/4 turn Right, replace weight forward on Right. (3:00)

S2: Left Shuffle Forward. Step. Pivot 1/2 Turn Left. Step. Pivot 1/2 Turn Left. Forward Rock.

1&2 Shuffle forward Left. Right. Left.
3-4 Step forward on Right. Pivot 1/2 turn Left. (9:00)
5-6 Step forward on Right. Pivot 1/2 turn Left. (3:00)
7-8 Rock forward on Right. Replace weight on Left.

S3: Right Full Turn Back. Back Rock. Right Cross Samba. Cross. 1/4 Turn Left.

1-2 Make 1/2 turn Right stepping forward on Right. (9) Make 1/2 turn Right stepping back on Left. (3)
3-4 Rock back on Right. Replace weight forward on Left. (3:00)
5&6 Cross Right over Left. Step Left to Left side. Step Right to Right side.
7-8 Cross Left over Right. Turn 1/4 Left stepping back on Right. (12:00)

S4: Back Rock. Full Turn Forward. Step. Hold. Ball Step. Step. Scuff.

1-2 Rock back on Left. Replace weight forward on Right.
3-4 Turn 1/2 Right, stepping back on Left. Turn 1/2 Right stepping forward on Right.
5-6 Step forward on Left. Hold.
&78 Step Right beside Left. Step forward on Left. Scuff Right.

S5: Cross. Back. Back. Cross. Back. Side. Cross. 1/4 Turn Right.

1-2 Cross Right over Left. Step back on Left
3-4 Step back on Right. Cross Left over Right.
5-6 Step back on Right. Step Left to Left side.
7-8 Cross Right over Left. Turn 1/4 Right stepping back on Left. (3:00)

S6: Back Rock. Ball Step. Step. Pivot 1/2 Turn Right. Full Turn Forward. Step. Pivot 1/2 Turn Right.

1-2 Rock back on Right. Replace weight forward on Left. Step Right beside Left.
3-4 Step forward on Left. Pivot 1/2 turn Right. (9:00) #####
5-6 Turn 1/2 Right, stepping back on Left. (3:00) Turn 1/2 Right stepping forward on Right. (9:00)
7-8 Step forward on Left. Pivot 1/2 turn Right. (3:00)

S7: Left Shuffle Forward. Cross & Heel. Step. Cross & Heel. Step. Step. Pivot 1/2 Turn Left.

1&2 Shuffle forward Left. Right. Left
3&4& Cross Right over Left. Step Left to Left side. Touch Right heel to 45°. Step Right beside Left.
5&6& Cross Left over Right. Step Right to Right side. Touch Left heel to 45°. Step Left beside Right.
7-8 Step forward on Right. Pivot 1/2 turn Left. (9:00)

S8: Forward Rock. Touch Behind. Unwind 1/2 Turn. Left Side Rock. Together. Right Side Rock.

1-2 Rock forward on Right. Replace weight back on Left.

3-4 Touch Right toe behind Left. Unwind 1/2 turn Right. (Weight on Right) (3:00)
5&6 Rock Left to Left side. Replace weight on Right. Step Left beside Right.
7-8 Rock Right to Right side. Replace weight on Left.

Tag: At the end of Wall 2

12& Cross rock Right over Left. Replace weight on Left. Step Right beside Left.
34& Cross rock Left over Right. Replace weight on Right. Step Left beside Right.
5-6 Step forward on Right. Pivot 1/2 turn Left.
7-8 Step forward on Right. Pivot 1/2 turn Left.

####Restart: After 44 counts on Wall 5, replace the original steps with the following steps.

5-6 Step forward on Left. Pivot 1/2 turn Right. (3:00)
7-8 Step forward on Left. Stomp Up Right beside Left. (Weight on Left) (3:00) Restart.

Ending: On Wall 7 facing 6:00, do the first 7 counts. As you rock to the left, replace weight on Right by stepping 1/2 turn Right to face the front and step Left to Left side.

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