

Get On Board

拍數: 32 牆數: 2 級數: Improver
編舞者: Steve Rutter (UK) & Claire Rutter (UK) - September 2016
音樂: Train - Drew Baldridge : (Album: Dirt On Us)



(16 Count Intro' From Start Of Beat – 21 Secs).

Section 1 – Step Forward, Kick-Ball, Forward Rock, Shuffle ½ Turn Right, ¼ Turn Right, Cross Behind.

1 Step forward on right.
2& Kick left forward, close left beside right
3-4 Rock forward on right, recover weight onto left
5&6 Make a half turn right stepping on right, left, right.
7-8 Make a quarter turn right stepping left to left side, cross right behind left. (9 o'clock)

Section 2 – Side Rock, Syncopated Weave, Side Rock, Cross Behind, ¼ Turn Left, Step Forward.

1-2 Rock left to left side, recover weight onto right.
3&4 Cross left behind right, step right to right side, cross left over right.
5-6 Rock right to right side, recover weight onto left.
7&8 Cross right behind left, make a quarter turn left stepping left forward, step forward on right. (6 o'clock).

FOR FUN: □ On counts 1-2 (Side Rock), bend left arm with fist pointing upwards and pull down twice shouting "Woooo Woooo"

as you sound the trains horn!! Do The Same with Right Arm on counts 5-6.....Go On You Know You Want To!!!

Section 3 – Syncopated Weave, Heel Touch, Close, Crossing Shuffle, ¼ Turn Left, Step Forward.

1&2 Cross left over right, step right to right side, cross left behind right.
&3 Step right to right side, cross left over right.
&4 Step right to right side, touch left heel forward towards left diagonal.
& Close left beside right.
5&6 Cross right over left, step left to left side, cross right over left.
7-8 Make a quarter turn left stepping left forward, step forward on right. (3 o'clock).

Section 4 – Forward Rock, Coaster Step, Heel Switches With ¼ Turn Left, Pivot ½ Turn Left.

1-2 Rock forward on left, recover weight onto right
3&4 Step back on left, close right beside left, step forward on left.
OPTION: □ Counts 3&4 (Coaster Step) can be replaced with a triple full turn left stepping on left, right, left.
5& Touch right heel forward, close right beside left.
6& Make a quarter turn left touching left heel forward, close left beside right.
7-8 Step forward on right, pivot a half turn left. (6 o'clock).

TAG (4 Counts) Rocking Chair - To Be Added At The End Of Wall 1 (Facing 6 o'clock) and Wall 4 (Facing 12 o'clock).

1-2 Rock forward on right, recover weight onto left.
3-4 Rock back on right, recover weight onto left.

Enjoy!

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