

Train Wreck

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Magali CHABRET (FR) - November 2016
音樂: Train Wreck - James Arthur : (CD: Back From The Edge)



#16 counts intro

S1 : LUNGE, PUSH, ¼ TURN L, PIVOT ½ TURN L, ¼ TURN L & R BASIC NC, L BASIC NC

- 1 Lunge L to L side, bending L leg to L and stretched R leg to R
- 2 Push on ball of L to recover onto R with L foot next to R leg
- 3-4& 1/4 turn L stepping L forward (9:00) – step R forward – pivot 1/2 turn L (3:00)
- 5-6& 1/4 turn L with long step R to R side – step L behind R – cross R over L (12:00)
- 7-8& Long step L to L side – step R behind L – cross L over R

S2 : MODIFIED ½ DIAMOND SHAPE, SWEEP, CROSS, BACK, SIDE, SWEEP, CROSS, BACK

- 1-2& Step R to R side – 1/8 turn L stepping back on L – step back on R (10:30)
- 3-4 1/8 turn L stepping L to L side (9:00) – 1/8 turn L stepping R forward (7:30)
- 5 1/8 turn L stepping L forward sweeping R from back to front (6:00)
- 6& Cross R over L – step back on L
- 7 Step R diagonally back with a small sweep L from back to front
- 8& Cross L over R – step R diagonally back

** Restart 3rd wall **

S3 : ¼ TURN L, UP HITCH, DROP, MAMBO ½ TURN L, STEP, FULL TURN R, BALL TURN ½ R

- 1&2 1/4 turn L stepping L to L side – go up on ball of L hitching R knee forward – step R forward (3:00)
- 3&4 Rock L forward – recover onto R – 1/2 turn L stepping L forward (9:00)
- 5-6 Step R forward – 1/2 turn R stepping back on L
- 7&8 1/2 turn R stepping R forward – 1/4 turn R stepping ball of L next to R – 1/4 turn R stepping R forward (3:00)

S4 : SWEEP, CROSS, BACK, SIDE, CROSS UNWIND ¾ TURN L, UNWIND ¾ TURN R, SWEEP, BEHIND, SIDE, CROSS

- &1-2& Sweep L from back to front – cross L over R – recover onto R – step L to L side
- 3-4 Cross R over L – unwind 3/4 turn L (6:00)
- 5-6 Unwind 3/4 turn R, finish weight on L (3:00) – 1/4 turn R with sweep Rf from front to backward (6:00)
- 7&8 Cross R behind L – step L to L side – cross R over L

Tag : (the Tag is almost identical to 1st Section, only the last counts [7&8&] are modified) at the end of st wall :

- 1 Lunge L to L side, bending L leg to L and stretched R leg to R
- 2 Push on ball of L to recover onto R with L foot next to R leg
- 3-4& 1/4 turn L stepping L forward – step R forward – pivot 1/2 turn L
- 5-6& 1/4 turn L with long step R to R side – step L behind R – cross R over L
- 7&8& 1/4 turn R stepping back on L – 1/2 turn R stepping R forward – 1/4 turn R stepping ball of L to L side – cross R over L (6:00)

Restart during 3rd wall after 16 counts, facing 6:00

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr - www.galichabret.com
Original stepsheet of the choreographer

