

Old Freight Train

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Sylvie Fournier (FR) - March 2017
音樂: Freight Train - Aaron Watson : (do not mistake it with Alan Jackson's)



Starts after 32 counts (on the word TWO)

Structure of the dance : A , Tag, AAA, Tag, BBBB, AA, A (not finished)

Part A : 32 counts

A1 : OUT , OUT (on heels), IN , IN , RIGHT CHASSE , 1 / 2 TURN RIGHT, LEFT CHASSE :

- 1 – 2 step on R heel to right forward diagonal , step on L heel in left diagonal
- 3 – 4 bring R to center , bring L to center
- 5 & 6 step R forward , bring L next to R , step R forward
- & 7 & 8 do a 1/ 2 turn right & step L to left side , step R next to L, step L to L side

A2 : RIGHT CHASSE, 1 / 4 TURN RIGHT & LEFT CHASSE, 1 / 4 TURN RIGHT & RIGHT CHASSE, LEFT MAMBO FORWARD :

- 1 & 2 step R to right side , step L next to R , step R to right side
- & 3 & 4 do a ¼ turn right & step L to left side , step R next to L , step L to left side
- & 5 & 6 do a 1/4 turn right & step R to right side , step L next to R, step R to right side
- 7 & 8 step L to left side , step R next to L, step L to left side

A3 : RIGHT & LEFT FANS , FORWARD HEELS , HEEL COMBINATION, RIGHT & LEFT FANS :

- 1 & 2 &□swivel R toe to right , bring it back , do the same with L toe
- 3 & 4 &□R heel forward , bring it back , L heel forward , bring it back
- 5 & 6 &□R heel forward , cross R in front of L , R heel forward, step R next to L
- 7 & 8 & swivel R toe to right , bring it back , do the same with L toe

A4 : (FORWARD STEP LOCK STEP) x2, SAILOR 1/ 2 TURN TO RIGHT, STEP, STEP, CLAP :

- 1 & 2 step forward on R, step L behind R , step R forward
- 3 & 4 step forward on L , step R behind L , step L forward ,
- 5 & 6 step R behind L , step L in place with 1/ 4 turn right , step R forward with 1/ 4 turn right
- & 7 -8 step forward on L, R next to L , clap hands

Tag : end of walls 1 et 4

VINE with SCUFF RIGHT & LEFT :

- 1 - 4 step R to right side, step L behind R , R to right side , scuff L
- 5 - 8 step L to left side , step R behind L, L to left side , scuff R

Part B :32 counts

B1 : STEP, LOCK, STEP, LOCK, STEP, 1/ 4 TURN RIGHT & STEP, BACK ROCK STEP :

- 1 – 2 step forward on R , step L behind R
- 3 – 4 step forward on R , step L behind R
- 5 – 6 step forward on R , do a 1/ 4 run to right & step L to left side
- 7 – 8 rock back on R , recover on L

B2 : FORWARD ROCK STEP, 1/ 2 TURN TRIPLE , FULL TURN , FORWARD TRIPLE :

- 1 – 2 rock forward on R, recover on L
- 3 & 4 do a 1/ 2 turn to right stepping R , L , R in place
- 5 – 6 step L backward with 1/ 2 turn to right , step R forward with 1/ 2 turn right
- 7 & 8 step forward on L , step R next to L , step forward on L

B3 : MONTEREY TURN, HEEL GRINS with 1/ 4 TURN , BACK ROCK STEP :

- 1 – 2 point R to right side , do a 1/ 2 turn to right and bring L together
- 3 – 4 point L to left side , step L together
- 5 – 6 step R heel forward (toe to left side), pivot 1/ 4 turn to right & step back on L
- 7 – 8 rock back on R , recover on L

B4 : BEHIND-SIDE-CROSS, UNWIND 1 / 2 TURN , SAILOR STEP, COASTER STEP :

- 1 – 2 step R behind L, step L to left side
- 3 – 4 cross R over L , unwind 1/ 2 turn to left
- 5 – 6 step R behind L , step L to left side , step R in place
- 7 – 8 step back on L , step R next to L , step forward on L

Note : You can replace the whole section 3 in part A with R & L applejacks (during 8 counts) .

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