A Runaway Train



拍數: 32 編數: 4 級數: Intermediate

編舞者: A.A.J.D (UK) - August 2017

音樂: Runaway Train - Cam



Start on the word 'KNEW'

Side Rock, Behind, Side, Cross, x2.

1, 2 Rock right to right side, recover onto left.

3 & 4 Step right behind left, step left to left side, cross right over left.

5, 6 Rock left to left side, recover onto right.

7 & 8 Step left behind right, step right to right side, cross left over right.

(Turn option for counts 3 & 4 and 7 & 8: full triple turn)

Jump Kick, Step, Shuffle, Rock, 1/4 Shuffle.

& 1, 2	Jump back onto right kicking left forward, recover onto left.
3 & 4	Step forward right, step left next to right, step forward right.

5, 6 Rock forward left, recover onto right.

7 & 8 1/4 turn left stepping left to left side, step right next to left, step left to left side.

Cross, ¼, ¼ Shuffle, Cross, Side, Sailor Kick.

1,	2	Cross right over	left. ½	turn riaht	stepping	back on left.
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3 & 4 ½ turn right stepping forward right, step left next to right, step right to right side.

5, 6 Cross left over right, step right to right side.

7 & 8 Step left behind right, step right to right side, kick left diagonally forward.

Ball, Cross, Side, Back Rock, Side, Hold, & Side, Together.

& 1, 2 Step ball of left to left side, cross right over left, step left to left side.

3, 4 Rock back on right, recover onto left.

5, 6 Step right to right side, hold.

& 7, 8 Step left next to right, step right to right side, step left next to right.

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