Soul Train

拍數: 64

級數: Intermediate

編舞者: Wil Bos (NL) - December 2017

音樂: Soul Train - Johnny Reid : (Album: Revival)

Intro: 32 counts Sequence: 64, 64, 32 Restart, 32 Restart, 64, 8 With Step Change Restart, 64 , 64	
S1: Step Fwd, 7 1-2 3&4 &5-6 7&8	1/4 Turn R, vaudeville, 1/4 Turn L, 1/4 Turn L into Chassé RF. Step fwd, LF. 1/4 Turn right step side (3) RF. Cross behind LF, LF. Step slightly back, RF. Dig heel diag fwd RF. Together, LF. Cross over RF, RF. 1/4 Turn left step back (12) LF. 1/4 Turn left Step side, RF. Together, LF. Step side (9) *R 3*
S2: vaudeville, & Touch, & Heel, & Cross, 1/4 Turn L	
1-2-3&4	RF. Cross over, LF. Step side, RF. Cross behind LF, LF. Step slightly back, RF. Dig heel diag fwd
&5&6 &7-8	RF. Together, LF. Touch toe beside RF, LF. Step slightly back, RF. Dig heel diag fwd RF. Together, LF. Cross over RF, RF. 1/4 Turn left step back (6)
S3: 1/4 Turn L, Hold, Close, Step L Side, Cross, Scissor Step, Kick Ball Cross	
1-2&3	LF. 1/4 Turn left step side, Hold, RF. Step next to LF, LF. Step side (3)
4-5&6	RF. Cross over, LF. Step Side, RF. Step next LF, LF. Cross over RF
7&8	RF. Kick diag R fwd, RF. Step Right beside LF, LF. Cross over RF
S4: Step Side with hip bumps R, Hip Bumps L, Turn Hips clockwise in 3 Counts, Step Behind, Cross Over	
1&2-3&4	RF. Step side bump hips to right, Bump hips to left, bump hips to right, Bump hips to left
5-6-7	Turn Hips clockwise in 3 Counts (weight on LF)
&-8	RF. Step behind LF, LF. Cross over RF *R 1*R 2
S5: Point, Hold, & Point, & Cross, 1/4 Turn R, Step Side, Shuffle Fwd	
1-2	RF. Touch toe R side, Hold
&3&4	RF. Together, Touch toe L side, LF. Together, RF. Cross over
5-6	LF. 1/4 Turn right, RF. Step side (6)
7&8	LF. Step fwd, RF. Together, LF. Step fwd
S6: Rock Fwd, Recover, & Out Backwards, Hold & Clap, & Out Backwards, Hold & Clap, Coaster Step	
1-2	RF. Rock fwd, LF. Recover
&3-4	RF. step back (out), LF. Step back (out), Hold & clap
&5-6	RF. step back (out), LF. Step back (out), Hold & clap
7&8	RF. Step back, LF. Together, RF. Step fwd
S7: Walk L,R Fwd, 1/4 Turn L, Cross Shuffle, Side Rock. Recover, & Together, Cross	
1-2-3	LF. Step fwd, RF. Step fwd, 1/4 Turn left (3)
4&5	RF. Cross over, LF. Step side, RF. Cross over
6-7	LF. Side rock, RF. Recover
&8	LF. Together, RF. Cross over
S8: Side Rock. Recover, Sailor 1/4 Turn L, Step Fwd, Pivot 1/2 Turn L, Walk R,L Fwd	
1-2	LF. Side rock, RF. Recover
3&4	LF 1/4 left cross behind, RF step beside, LF step slightly forward (12)
5-6	RF. Step fwd, Pivot 1/2 turn left (6)
7-8	RF. Step fwd, LF. Step fwd





牆數:2

Start Again

Restart 1: On 3rd wall after 32 counts, make 1/4 turn right Step RF Forward (6:00) Restart 2: On 4th wall after 32 counts, make 1/4 turn right Step RF Forward (12:00) Restart 3: On 6th wall after 8 counts, make Step Changing replace the ¼ Chassé left in Shuffle 1/2 turn left On Count 7&8 (12;00)

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