Runaway Train

拍數: 48

級數: Intermediate

編舞者: Bev Bickhoff (AUS) - August 2019

音樂: Runaway Train - Andrew Swift : (Album: Call out the Cavalry by Andrew Swift)

Start: Start almost immediately "I'm a runaway train"

[1-8] Cross, Unwind, Side Shuffle, Cross, Rock, ¼ Shuffle

- 1 2 Cross R over left, Unwind 180° left keeping weight on L (6)
- 3&4 Step R to right, Step L beside right, Step R to right
- 5 6 Cross L over right, Rock/Recover onto R
- 7&8 Turn 90° left step L forward, Step R beside left, Step L forward (3)

[9-16] Dorothy, Dorothy, Step, Paddle, 1/4 Side Shuffle

- 1 2& Step R to right diagonal, Lock L behind right, Step R to right diagonal
- 3 4& Step L to left diagonal, Lock R behind left, Step L to left diagonal
- 5 6 Straightening up step R forward, Turn 90° left step L to left (12)
- 7&8 Turn 90° left side shuffle to the right: RLR (9)

[17-24] Forward, Rock, Triple Step, Forward, Rock, Triple Step

- 1 2 Step L forward, Rock/Recover back onto R
- 3&4 On the spot complete a full turn triple over your left shoulder: L R L (Coaster as an easier option.)
- 5 6 Step R forward, Rock/Recover onto L
- 7&8 On the spot complete a full turn triple over your right shoulder: R L R (Coaster as an easier option.) (9)

[25-32] Vaudevilles x 2, Forward, Rock, Back, Touch

- 1&2& Cross L over right, Step R to right, Tap L heel at 45 deg to left diagonal, Step L beside right
- 3&4& Cross R over left, Step L to left, Tap R heel at 45 deg to right diagonal, Step R beside left
- 5-8 ### Step L forward, Rock/Recover back onto R, Step L back, Touch R beside left ### (9)

[33-40] Sailor x 2, Back, Rock, ½ Shuffle

- 1&2 Step R behind left, Step L to left, Step R to right (moving slightly backwards)
- 3&4 Step L behind right, Step R to right, Step L to left (moving slightly backwards)
- 5 6 Step R back, Rock/Recover forward onto L
- 7&8 *** Turn 180° left step R back, Step L beside R, Step R back *** (3)

[41-48] Back-Rock-Forward, Forward, Rock, Back-Rock-Forward, Forward, Scuff

- 1&2 Step L back, Rock/Recover forward onto R, Step L forward
- 3 4 Step R forward, Rock/Recover back onto L
- 5&6 Step R back, Rock/Recover forward onto L, Step R forward
- 7 8 Step L forward, Scuff R beside left (3)

TAG: End of Wall 1: Add the following 8 count tag.

- 1 2 Step R forward, Rock/Recover back onto L
- 3&4 Shuffle back: RLR
- 5 6 Step L back, Rock/Recover forward onto R
- 7 8 Step L forward, Scuff R across in front of left

RESTART: Walls 6 & 7: Dance to Count 32 ### and restart the dance at 12 o'clock and 9 o'clock respectively.





牆數:4