

# This Train

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Esther Orsatti (CH) - September 2021  
音樂: This Train - Hank Thompson



Intro: 32 Counts. Start at approx 9 secs.

## SEC 1: HEEL STRUT R & L, ROCKING CHAIR R

1-2            Touch R heel forward, drop R toe taking weight onto R  
3-4            Touch L heel forward, drop L toe taking weight onto L  
5-6            Rock R forward, recover weight onto L  
7-8            Rock R back, recover weight onto L

## SEC 2: HEEL STRUT R & L, ROCKING CHAIR R

1-2            Touch R heel forward, drop R toe taking weight onto R  
3-4            Touch L heel forward, drop L toe taking weight onto L  
5-6            Rock R forward, recover weight onto L  
7-8            Rock R back, recover weight onto L

## SEC 3: R FUSS TOE HEEL SWIVEL R & L

1-2            Twist R toe to R, twist R heel to R  
3-4            Twist R toe to R, twist R heel to R  
5-6            Twist R heel to L, twist R toe to L  
7-8            Twist R heel to L, Twist R toe to L

## SEC 4: L FUSS TOE HEEL SWIVEL L & R

1-2            Twist L toe to L, twist L heel to L  
3-4            Twist L toe to L, twist L heel to L  
5-6            Twist L heel to R, twist R toe to R  
7-8            Twist L heel to R, Twist R toe to R

## SEC 5: CROSS TOE STRUT R , TOE STRUT L, CROSS TOE STRUT R, TOE STRUT L

1-2            Touch R over L, drop R heel  
3-4            Touch L to L, drop L heel  
5-6            Touch R over L, drop R heel  
7-8            Touch L to L, drop L heel

## SEC 6: V STEP, HEEL SPLIT

1-2            Step R to R diagonal, step L to L  
3-4            Step R back, step L beside R  
5-8            Split heel, recover heels together, split heels, recover heels together

## SEC 7: JAZZBOX ¼ R

1-2            Cross R over L, Hold  
3-4            Step L Back, Hold  
5-6            Turn ¼ R step R to R, Hold  
7-8            Step L beside R, Hold

## SEC 8: CROSS-ROCK-STEP, TOGETHER R & L, SCUFF RF, HOP L HITCH R

1-3            Cross rock R over L, recover weight onto L, step R beside L  
4-6            Cross rock L over R, recover weight onto R, step L beside R  
7-8            Scuff R forward, hop forward on L hitching R

Ending On Wall 8 after 6 counts repeat counts 1-6 then add Scuff R forward, Hitch R, Stomp R Forward

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