

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
