

Long Train

拍數: 32 牆數: 4 級數: Improver
編舞者: Jun Andrizal (INA) & Sofyan Anas (INA) - November 2021
音樂: Long Train Runnin' - The Doobie Brothers



TAG : 32 count (Free Style) on Wall 9 after 24 C, Change Step

Start Dance after 32 C (on lyrics)

I. SKATE STEP, DIAGONAL SHUFFLE FWD (2X)

1-2 Skate step on R - L
3&4 Step R diagonal fwd , Close L beside R , Diagonal R fwd
5-6 Skate step on L - R
7&8 Step L diagonal fwd , Close R beside L , Diagonal L fwd

II. TOUCH FWD , TOUCH SIDE , SAILOR STEP , TOUCH FWD , SIDE , 1/4 TURN LEFT

1-2 Touch toe R fwd , Touch R to side
3&4 Cross R behind L , Step L to side , Step R to side
5-6 Touch toe L fwd , Touch L to side
7&8 Cross L over R , 1/4 turn left step R back , Step L to side

III. SYNCOPATED CROSS SIDE 2X (R- L)

1&2& Cross R over L , Step L to side , Cross R over L , Step L to side
3&4 Cross R over L , Step L to side , Cross R over L
5&6& Cross L over R , Step R to side , Cross L over R , Step R to side
7&8 Cross L over R , Step R to side , Cross L over R

>> On Wall 9 Change Step 7 & 8 Weight on 12.00 and TAG .

IV. TOUCH R FOWARD DIAGONAL- DROP BALL, TOUCH L FOWARD DIAGONAL, CROSS L BACK SIDE, TURN 1/8 LEFT CHASSE

1 - 2 Touch R foward diagonal, Hold
&3&4 Drop Heel R, Touch L foward, drop heel L, touch R foward diagonal
&5 - 6 Drop heel R, Cross L over R , R back turn 1/8 L.
7 & 8 Step L to side , next to R, Step L to side.

Have Fun & Enjoy

sofyan_anas@yahoo.com
junandrizal@yahoo.com