

Bridal Train

拍數: 64 牆數: 4 級數: Improver
編舞者: Matt Coleman (AUS) - June 2022
音樂: Bridal Train - The Waifs



#32 count Intro

Note: This dance is designed to be danced as if you were at a folk festival or barn dance so pick up your skirts, lift your knees, swing your hips, stomp your feet and feel the music!

Section 1: Stomp Right Forward to Right Diag, Together, Chasse Diag., Stop Left Forward to Left Diag., Together, Chasse Diag.

1,2 Facing 12:00, Lift R knee to Step RF to R Diag., Step LF next to RF.
3&4 Step RF to R Diag., Step LF next to RF, Step RF to R Diag.,
5,6 Still Facing 12:00, Lift L knee to Step LF to L Diag, Step RF next to LF.
3&4 Step LF to L Diag., Step RF next to LF, Lift R knee to Step RF to R Diag,

Section 2: Right Rocking Chair, Half Monterey

1,2 Step RF forward to take weight, Recover weight onto LF
3,4 Step RF back to take weight, Recover weight onto LF
5,6 Point RF to R Side, Bring RF in to Turn Half (to 6:00) and take weight
7,8 Point LF to L side, Step LF next to RF and take weight

Section 3: (Stomp) Weave Left and Sweep, Weave Right and Point

1, 2 Lift R knee to step (stomp) across LF, Step LF to L side
3, 4 Step RF behind LF, Sweep LF from front to behind RF
5,6 Take weight on LF, Step RF to R Side
7,8 Step LF across RF, Point RF to R side

Section 4: Cross Rock and Chasse

1,2 Step RF across LF, Recover weight onto LF
3&4 Step RF to R side, Step LF next to RF, Step RF to R side
5, 6 Step LF across RF, Recover weight onto RF
3&4 Step LF to L side, Step RF next to LF, Step LF to L side

Section 5: (Stomp) Figure 8 to the right

1-4 Stomp R to R side, Step, LF behind RF, Turn $\frac{1}{4}$ R (to 9:00) and Step RF forward, Step LF forward.
5-8 Pivot half turn right taking weight on RF, turn $\frac{1}{4}$ (to 6:00) and step LF to L side, Step RF behind LF, Step LF to L side

Section 6: Right Sailor Step, Left Sailor Step, Hip Sways Forward and Back

1&2 Step RF behind LF, Recover weight on LF, Step RF to R side
3&4 Step LF behind RF, Recover weight on RF, Step LF to L side
5-8 Step RF to R diag. and swing R hip forward (lifting L heel), Swing L hip back over LF (lifting R heel), Swing R hip forward over RF (lifting L heel), Swing L hip back over LF (lifting R heel),

Section 7: Chasse forward and Rock, Chasse Back and rock

1&2 Lift R knee to step RF forward, Step LF next to RF, Lift R knee to step RF forward
3,4 Lift L knee to step forward with LF and take weight (lifting R heel), Recover weigh on RF
5&6 Lift L knee to step LF back, Step RF next to LF, Lift L knee to step LF back
7,8 Lift R knee step back and take weight (lifting L heel), Recover weight onto LF

Section 8: A half chasse, a quarter chasses and a half chasse all rolling to the right, Step Touch.

- 1&2 Turn 1/4 R (to 9:00) and step RF slightly forward, Step LF next to RF, Turn 1/4 R to 12:00) and step RF slightly fwd.
- 3&4 Turn 1/4 R (to 3:00) and step LF slightly back, Step RF next to LF, Step LF slightly back.
- 5&6 Turn 1/4 R (to 6:00) and step RF slightly fwd, Step LF next to RF, Turn 1/4 R to 9:00) and step RF slightly fwd.
- 7,8 Step LF to L side, Tap R toe next to LF

At the end of wall 2 (facing 6:00) and wall 4 (facing 12:00) there is a tag which is just about marking time.

****Two 6 count Tags at the of wall 2 and wall 4**

- 1,2 Step RF to R side, Tap L toe next to RF
- 3,4 Step LF to R side, Tap R toe next to LF
- 5,6 Tap R toe next to LF twice

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