

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 weight 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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