

Train

拍數: 32 牆數: 4 級數: Low Intermediate
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音樂: Train - Manny Blu



Restart in 5° wall after 16 counts

(1) SHUFFLE SIDE / ROCK BACK / FULL TURN $\frac{3}{4}$ / SHUFFLE FW

1&2 step R side – together – step R side
3-4 step L back – recover
5-6 step L $\frac{1}{4}$ turn R – step R $\frac{1}{2}$ turn -
7&8 step L forward – together - step L fw

(2) ROCKING CHAIR / KICK BALL CHANGE / ROCK STEP

1-2 step R forward - recover
3-4 step R back - recover
5&6 kick R forward – step R next L – step L forward
7-8 step R forward – recover

Restart here in 5 wall after 16 counts

(3) SHUFFLE BACK R / SHUFFLE BACK L / FULL TURN BACK / ROCK BACK

1&2 step R back – together – step R back
3&4 step L back – together – step L back
5-6 step R $\frac{1}{2}$ turn – step L $\frac{1}{2}$ turn
7-8 step R back – recover

(4) FULL TURN FW / SHUFFLE / FULL TURN FW / SHUFFLE

1-2 step R $\frac{1}{2}$ turn – step L $\frac{1}{2}$ turn
3&4 step R forward - together – step R forward
5-6 step L $\frac{1}{2}$ turn – step R $\frac{1}{2}$ turn
7&8 step L forward - together – step L forward
