

Trains

拍數: 32 牆數: 4 級數: Beginner
編舞者: Shelia Montgomery (USA) - January 2024
音樂: Love Train - The O'Jays
或: Runaway Train - Soul Asylum
或: Old Toy Trains - Toby Keith



Intro: 16 counts

Music: Love Train - O'Jays

Runaway Train - Soul Asylum (Intro: 16 cts)

Old Toy Trains - Toby Keith (Christmas song) (Intro: 16 cts)

Love Train: No Tags/No Restarts

* **

Weave left, Cross rock - recover, Big step R side - drag L toe

1,2,3,4 Step R over L, step L to left side, step R behind L, step L to left side

5,6,7,8 Cross rock R across L, recover onto L, R long step to right side, drag L toe to R in prep for weave right

Weave right, Cross rock - recover, Big step L side - drag R toe

1,2,3,4 Step L over R, step R to right side, step L behind R, step R to right side

5,6,7,8 Cross rock L over R, recover onto R, L long step to left side, drag R toe to L in prep for jazz box

Jazz ¼ turn right, Walk ½ left (r,l,r,l)

1,2,3,4 Step R over L, step L back making 1/8 turn right, step R to side making 1/8 turn right, step L forward

5,6,7,8 Walk left in a semi-circle R,L,R,L making a ½ turn

K step (w/claps optional)

1,2,3,4 Step R fwd to right diagonal, touch L to R, step L to back left diagonal, touch R to L

5,6,7,8 Step R to back right diagonal, touch L to R, step L to forward left diagonal, touch R to L

Ending: 6:00 Wall - Do first 16 counts of dance, then jazz box ½ turn to the 12:00 wall.

*** Restart for Runaway Train: Wall 5 (12:00)**

Do first 4 counts of the dance (Weave left) - then R cross rock - recover, R back diag rock - recover, Restart

1,2,3,4 Step R across L, step L to left side, step R behind L, step L to left side

5,6,7,8 Cross rock R over L - recover onto L, rock back on R to right back diagonal - recover onto L - RESTART

**** Restart for Old Toy Trains: Wall 4 (3:00) Do first 16 counts of dance and Restart (Instrumental)**

Ending: Wall 6 (9:00) Do first 8 counts of dance, Then:

Weave right: 1,2,3,4 Over - side - behind - side

5,6 Step ¼ right on L to left side, drag R to L

Last Update: 20 Jan 2024