

Loco Motion

拍數: 48 牆數: 4 級數: Improver
編舞者: Rex Allott (UK) - October 2024
音樂: My Baby Thinks She's a Train - Asleep At The Wheel



Intro - 32 beats

S1. Skate fwd, step fwd, back, triple step

1-4. Skate fwd R, L, R, L
5-6. Step R fwd, back on L
7&8. Triple step R, L, R

S2. Chasse R, step L behind R, syncopated heel/ toe swivel

1&2. Step R to R, step L next to R, step R to R
3-4. Step L behind R, step fwd on R
5-6. Step L to L, swivel R heel to L
7&8. Swivel R toe to L, R heel to L, R toe to L

S3. Chasse L, step R behind L, syncopated heel/toe swivel

1&2. Step L to L, step R next to L, step L to L
3-4. Step R behind L, step fwd on L
5-6. Step R to R, swivel L heel R
7&8. Swivel L toe to R, L heel to R, L toe to R

S4. L 1/4 cross step turn R x 2, step fwd, back, triple step

1-4. Turning 1/4 R cross L over R, step R behind L x 2
5-6. Step fwd on L, back on R
7&8. Triple step L, R, L

S5. R 1/4 cross step turn L x 2, step fwd, back, triple step

1-4. Turning 1/4 L cross R over L, step L behind R x 2
5-6. Step fwd on R, back on L
7&8. Triple step R, L, R

S6. 1/4 L hitch turn R, 1/4 R hitch turn R, 1/4 L hitch turn R, triple step

1-2. Turning 1/4 R, step R fwd, hitch L
3-4. Turning 1/4 R, step L back, hitch R
5-6. Turning 1/4 R, step R back, hitch L
7&8. Triple step L, R, L

Tag.

S1. Slow prissy steps fwd R, L, step back R, L

1-2. Cross R over L, pause
3-4. Cross L over R, pause
5-6. Step back R, L

Tag after 3rd S5. (6 o'clock) & final triple 1/2 turn R (12 o'clock)

Restart after 6 beats of 5th S5. (omit triple step) (3 o'clock)

On final S6. Replace triple step with triple 1/2 turn R return to 12 o'clock

Last Update: 7 Oct 2024

