## Midnight Train

級數: Improver



**拍數:** 32

**編舞者:** Mark Caley (UK) & Jan Caley (UK)

牆數:2

**音樂:** All Rise - Blue



# SLIGHTLY BACK & CROSS, IN FRONT & BEHIND, BACK & CROSS, STEP PIVOT STEP ¼ TURN LEFT1&2Rock left slightly diagonally back, recover weight to right, cross left diagonally in front of right3&4Rock right diagonally in front, recover weight to left, step right diagonally back behind left5&6Rock left slightly diagonally back, recover weight to right, cross left diagonally in front of right7&8Rock right to right side, replace weight to left making a ¼ turn left, step forward on rightNow facing 9:00

## BUMP LEFT HIP, STEP TURN STEP $\frac{1}{2}$ LEFT, STEP TURN STEP FULL TURN RIGHT ROCK RECOVER, HITCH RIGHT

- 9&10 Touch left toe slightly forward and bump left hip forward, back, forward (transfer weight to left)
- 11&12 Step forward on right, pivot ½ turn left, step forward on right
- 13&14 Step forward left, pivot ½ turn right, step forward on left making ½ turn right
- 15&16 Rock back on right, recover weight to left, hitch right knee up slightly

## Now facing 3:00

## RIGHT ROCKS, BEHIND, SIDE, CROSS, LEFT ROCKS . BEHIND, SIDE, CROSS

- 17& Rock right slightly forward at right diagonal, recover weight to left
- 18& Rock right to right side, recover weight to left
- 19&20 Cross right behind left, step left to left side, cross right in front of left
- 21& Rock left slightly forward at left diagonal, recover weight to right
- 22& Rock left to left side, recover weight to right
- 23&24 Cross left behind right, step right to right side, cross left in front of right

## Now facing 3:00

## Counts 17&18& and 21&22& are small push rock steps using the ball of the foot

# HEEL, TOE, STEP TURN STEP $^{1\!\!2}$ TURN LEFT, LEFT SHUFFLE FORWARD WITH FULL TURN RIGHT, ROCK & CROSS MAKING $^{1\!\!4}$ TURN LEFT

- 25-26 Touch right heel forward, touch right toe back
- 27&28 Step right forward, pivot ½ turn left, step forward on right
- 29&30 Left shuffle forward making full turn right (left, right, left)
- 31&32 Rock right forward, recover weight to left making ¼ turn left, cross right in front of left

## Now facing 6:00

## The turning left shuffle forward (counts 29&30) can be just a normal left shuffle forward

## REPEAT

## TAG

## When using "All Rise" by Blue, after the 3rd sequence, add the following (you will be facing the back when you start and end the tag)

- 1-2 Step forward on left, pivot ½ turn right
- 3&4 Left shuffle forward left, right, left
- 5-6 Step forward on right, pivot ½ turn left
- 7&8 Right shuffle forward right, left, right

## When dancing to the other tracks do not add the tag