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