

New Train

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Karen Breayley
音樂: New Train - John Prine



POINT, HITCH, POINT, HITCH, GRAPEVINE RIGHT

1-4 Point right foot to right side, hitch right knee across left leg, repeat last 2 steps
5-8 Step right to right side, step left behind right, step right to right side, touch close left beside right

POINT, HITCH, POINT, HITCH, GRAPEVINE LEFT

1-4 Point left foot to left side, hitch left knee across right leg, repeat last 2 steps
5-8 Step left to left side, step right behind left, step left to left side, touch close right beside left

ROCK, ROCK, BACK 45 RIGHT, TOUCH CLOSE, ROCK, ROCK, BACK 45 LEFT, TOUCH CLOSE

1-4 Rock right step forward, rock back on left, step right back 45 right, touch close left beside right
5-8 Rock left step forward, rock back on right, step left back 45 left, touch close right beside left

RIGHT LOCK STEPS FORWARD, LEFT LOCK STEPS FORWARD

1-4 Step right forward, lock left behind right, step right forward, touch left beside right
5-8 Step left forward, lock right behind left, step left forward, touch right beside left

MONTEREY ½ TURN, HEEL BALL CHANGE, HEEL BALL CHANGE

1-4 Point right to right side, pivot ½ turn right on left foot, close right, point left to left side, close left beside right
5&6 Tap right heel forward, close right beside left, tap left ball of foot beside right
7&8 Tap left heel forward, close left beside right, tap right ball of foot beside left

POINT, CLOSE, POINT, CLOSE, ¼ WALKING TURN RIGHT ON THE SPOT

1-4 Point right foot to right side, close right beside left, point left foot to left side, close left beside right
5-8 Turn 1/8 right stepping on right foot in place, step left beside right, repeat last 2 steps

SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

1-2 Rock step right to right side, rock weight back onto left
3&4 Right cross shuffle, right left right
5-6 Rock step left to left side, rock weight back onto right
7&8 Left cross shuffle, left right left

¼ TURN RIGHT, HOLD, ¼ TURN RIGHT, HOLD, SIDE, CLOSE, SIDE, CLOSE

1-3 Step right foot forward, ¼ turn right, hold, step left foot forward, ¼ turn right, hold
5-8 Step right to right side, close left beside right, step right to right side, close left (weight on left)

REPEAT