

Nowhere Train

拍數: 68 牆數: 1 級數: Improver
編舞者: John Sharman (UK)
音樂: Nowhere Train - Speed Limit



RIGHT STRUT, LEFT STRUT, FORWARD, TOGETHER, BACK, TOGETHER

1-4 Step forward right heel, toe down, step forward left heel, toe down
5-8 Step forward on right, step left beside right, step back on right, step on left beside right

RIGHT STRUT, LEFT STRUT, BACK TOGETHER, BACK TOUCH

9-12 Step back right toe, heel down, step back left toe, heel down
13-16 Step back on right, step left beside right, step back on right, touch left toe in front of right foot

STEP, TOUCH, BACK, TOUCH, WEAWE RIGHT

17-20 Step forward on left, touch right toe behind left heel, step back on right, touch left toe to left side
21-24 Cross left over right, step right to right side, step left behind right, step right beside left

STEP, TOUCH, BACK, TOUCH, SIDE, BEHIND, TURN, HITCH-TURN

25-28 Step forward on left, touch right toe behind left heel, step back on right, touch left toe beside right
29-32 Step left to left side, cross right behind left, make $\frac{1}{4}$ turn left on to left, hitch right knee making a further $\frac{1}{4}$ turn left

STEP, LOCK, STEP, SCUFF, CROSS, BACK, TURN, SCUFF

33-36 Step forward on right, lock left behind right, step forward on right, scuff left foot forward
37-40 Cross left over right, step back on right, step back on left making $\frac{1}{4}$ turn left, scuff right foot forward

STEP, LOCK, STEP, SCUFF, CROSS, BACK, TURN, STEP

41-44 Step forward on right, lock left behind right, step forward on right, scuff left foot forward
45-48 Cross left over right, step back on right, step back on left making $\frac{1}{4}$ turn left, step on right beside left

SIDE STRUT, CROSS STRUT, ROCK, RECOVER, CROSS STRUT

49-52 Step left toe to left side, heel down, cross right toe over left, heel down
53-56 Rock left to left side, recover on right, cross left heel over right, toe down

SIDE STRUT, CROSS STRUT, ROCK, RECOVER, CROSS, TOGETHER

57-60 Step right toe to right side, heel down, cross left toe over right, heel down
61-64 Rock right to right side, recover on left, step right forward and over left, step left beside right

BACK, TOGETHER, FORWARD, TOGETHER

65-68 Step back on right, step on left beside right, step forward on right, step on left beside right

REPEAT

RESTART

Walls 3 and 6 are danced to count 64 only.