

Nowhere Train

拍數: 92 牆數: 2 級數: Intermediate
編舞者: Jan Wyllie (AUS)
音樂: Nowhere Train - Carlene Carter



- 1-4 At 45 degrees left-step left, lock right, step left, hold
5-8 At 45 degrees right-step right, lock left, step right, hold
9-12 At 45 degrees left-step left, lock right, step left, hold
- 13 Making a full turn to the left step back on right
14-16 Step forward on left, step to right on right, hold
- 17-20 Step left behind right, step right to right, step left to left, hold
21-24 Step back on right making a ½ turn right, step left to left, step right beside left, hold
- 25-48 Repeat beats 1 to 24
- 49-52 Transferring weight to left, lift heels off ground right-left-right, hold
- 53-56 Step a small step back on right, step a big forward on left, step right-left together
57-60 Step right heel forward, rock back on left, step right-left together
61-68 Repeat previous 8 beats (53 to 60)
69-72 Step a small step back on right, step a big step forward on left, step right-left together
- 73-74 Touch right to right side, step right beside left
75-76 Touch left to left side, step left beside right
77-78 Touch right heel forward, touch right toe back
79-80 Touch right toe to right side, touch right foot beside left (keep weight on left)
- 81-84 Toe strut backwards right-left
85-88 Making ¼ turn right, heel strut right-left
89-92 Making ¼ turn right, heel strut right, stamp left beside right (weight on right), hold

REPEAT

This dance has 92 counts, but only because many of the steps repeat themselves. The only tricky part is the "train" steps and once you have mastered them it should pose no problem for the intermediate dancer.