

# Railtracks

拍數: 32      牆數: 4      級數: Intermediate/Advanced  
編舞者: Lesley Miller (UK)  
音樂: I Play Chicken With the Train - Cowboy Troy



## ROCKING CHAIR, MAMBO FORWARD & BACKWARD

1-2      Rock right foot forward, replace left foot  
3-4      Rock right foot backward, replace left foot  
5&6      Rock right foot forward, replace left foot, together right foot  
7&8      Rock left foot backward, replace right foot, together left foot

## SHUFFLES RIGHT & LEFT, HEEL HOOK, HEEL SIDE FLICK, HEEL TUCK

1&2      Step right foot forward, tuck left foot behind right foot, step right foot forward  
3&4      Step left foot forward, tuck right foot behind left foot, step left foot forward  
5&6&      Place right heel on floor, hook across left, place right heel on floor, flick right leg to right side  
7-8      Place right heel on floor, tuck right foot behind left

## UNWIND FULL TURN, HEEL JACK, ½ TURN MONTEREY

1-2      Unwind full turn to right  
&3&4      Step back on right foot, place left heel on floor, step left foot, touch right foot to left foot  
5-6      Touch right foot to right side ½ turn right step right foot to left foot  
7-8      Touch left foot to side, step left foot to right foot

## JAZZ BOX ¼ TURN, APPLEJACKS

1-2      Cross right foot over left, step left foot back with ¼ turn right  
3-4      Step forward right foot, step left foot beside right foot (slightly apart)  
&5&6      Fan left toe to left off floor, same time fan right heel to left off floor, replace to starting position, repeat opposite side  
&7&8      Repeat counts &5&6

## REPEAT

## OPTION FOR (APPLEJACKS) COUNTS &5&6&7&8 SWIVETS

&5&6      Fan left toe to left off floor same time fan right, heel to right off floor, replace to starting position  
&7&8      Repeat other side, (making 2 swivets left & right) (or try 4 swivets)