

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)