

# Ride The Train

拍數: 32      牆數: 4      級數: Improver  
編舞者: Barry Howerton (USA) & Mike Case (USA)  
音樂: C'mon N' Ride It (The Train) - Quad City DJ's



## STEPS FORWARD WITH HIP BUMPS

- 1-2      Step forward on right foot as you bump hips twice (pull train whistle with right hand)
- 3-4      Step forward on left foot as you bump hips twice (pull train whistle with left hand)
- 5-6      Repeat 1,2
- 7-8      Repeat 3,4

## STEP, SLIDE WITH STEP BACK LEFT RIGHT HEEL FORWARD

- 9      Step right foot long step to right side
- 10      Slide left foot next to right with weight remaining on right foot and step left foot slightly back
- 11      Touch right heel forward and bring right foot back to center
- 12      Touch left next to right

## STEP, SLIDE WITH STEP BACK RIGHT LEFT HEEL FORWARD

- 13      Step left foot long step to left side
- 14      Slide right foot next to left with weight remaining on left foot and step right foot slightly back
- 15      Touch left heel forward and bring left foot back to center
- 16      Bring right foot together with left

## JUMPS FORWARD AND BACK, JUMP SPREAD FEET/CROSS FEET, UNWIND ½ TURN

- 17-18      Take long jump forward on both feet (hand clap optional)
- 19-20      Take long jump back on both feet (hand clap optional)
- 21      Jump and spread both feet out
- 22      Cross right foot over left
- 23      Unwind ½ turn to left on the balls of feet
- 24      Drop heels to ground (as you pull the train whistle with right hand)

## HIP BUMPS WITH ¼ & ½ PIVOT TURNS

- 25-26      Bump hips twice to the right
- 27-28      Bump hips twice to the left
- 29      Step forward on right foot
- 30      Pivot ¼ turn to the left
- 31      Step forward on right foot
- 32      Pivot ½ turn to left

**REPEAT**

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