

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
