

This Train

拍數: 32

牆數: 4

級數: Intermediate/Advanced east coast
swing



編舞者: Jenifer Wolf (CAN)

音樂: This Train - Rick Nelson

SIDE TRIPLE, ROCK, REPLACE, STEP, BRUSH, SHUFFLE

- 1&2 Step right to right side, step left beside right, step right to right side
3-4 Step left back slightly behind right, step right in place (rock, replace)
5-6 Step left forward, brush right beside left
7&8 Step right forward, step left beside right, step right forward (shuffle)

ROCK, REPLACE, TURN $\frac{3}{4}$ LEFT, ROCK, REPLACE, TURN $\frac{3}{4}$ RIGHT

- 1-2 Step left forward, step right in place (rock, replace)
3&4 Turn $\frac{1}{2}$ left onto left, step right beside left, turn $\frac{1}{4}$ left onto left ($\frac{3}{4}$ left turn as you step left, right, left)
5-6 Step right forward, step left in place (rock, replace)
7&8 Turn $\frac{1}{2}$ right onto right, step left beside right, turn $\frac{1}{4}$ right onto right ($\frac{3}{4}$ right turn as you step right, left, right)

WEAVE, HEEL, WEAVE, STEP

- 1-2 Cross left over in front of right, step right to right side
3&4 Cross left behind right, step right to right side, touch left heel in front
&5-6 Step right back, cross right in front of left, step left to left side
7-8 Cross right behind left, step left to left side

$\frac{1}{4}$ TURN MONTEREY, TOUCH, TURN $\frac{1}{2}$ TRIPLE, STEP

- 1-2 Touch right toe to right, side, pivot on left as you turn $\frac{1}{4}$ right and step right beside left
3-4 Touch left toe to left side, step left beside right (Monterey $\frac{1}{4}$ turn)
5-6 Touch right toe to right side, pivot on left as you turn $\frac{1}{4}$ right onto right ($\frac{1}{2}$ turning triple)
&7-8 Step left beside right (quick step), turn $\frac{1}{4}$ right onto right, step left beside right

REPEAT
