

# Trains

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Jenny Bounds (AUS)  
音樂: Trains - Troy Cassar-Daley



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## LOCK STEP FORWARD, SHUFFLE FORWARD

1-2-3&4      Step right foot forward, lock left behind right, shuffle forward right-left-right (weight ends on right)

## LOCK STEP FORWARD, SHUFFLE FORWARD

5-6-7&8      Step left foot forward, lock right behind left, shuffle forward left-right-left (weight ends on left)

## ROCK FORWARD, SHUFFLE BACK

1-2-3&4      Step right foot forward, rock back on left, shuffle back right-left-right (weight ends on right)

## ROCK BACK, SHUFFLE FORWARD

5-6-7&8      Step left foot back, rock forward on right, shuffle forward left-right-left (weight ends on left)

## RIGHT TOE STRUT RIGHT, LEFT TOE STRUT RIGHT

1-2-3-4      Step right toe to right, drop right heel, step left toe in front of right, drop left heel down

## RIGHT TOE STRUT RIGHT, LEFT TOE STRUT RIGHT

5-6-7-8      Step right toe to right, drop right heel, step left toe in front of right, drop left heel down (weight ends on left)

## PADDLE TURNS LEFT X3, RIGHT KICK BALL CHANGE

1-2      Step right foot forward, swivel on balls of feet & turn  $\frac{1}{4}$  turn left (weight ends on left)

3-4      Step right foot forward, swivel on balls of feet & turn  $\frac{1}{4}$  turn left (weight ends on left)

5-6      Step right foot forward, swivel on balls of feet & turn  $\frac{1}{4}$  turn left (weight ends on left)

## RIGHT KICK BALL CHANGE

7&8      Kick right foot forward, and step right foot down next to left, step left next to right (weight ends on left)

## REPEAT

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