

# Western Express

拍數: 34      牆數: 0      級數:  
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音樂: Orange Blossom Special - Mark O'Connor



## PIGEON TOES

- 1 With weight on the balls of the feet move heels apart
- 2 With weight on the balls of the feet move heels together
- 3 Move heels apart
- 4 Move heels together

## DOWN-UP, DOWN-UP

- 1 Bend knees
- 2 Straighten knees
- 3 Bend knees
- 4 Straighten knees

As you are going up and down make "locomotive" driving wheel movements with both arms, like a snow skier

- 1-2 Raise right knee twice

At same time raise right hand in air and "Pull" that train whistle, twice, with a verbal "Whoo, Whoo"

## RIGHT GRAPEVINE

- 1 Right foot step to right side
- 2 Left foot cross behind right
- 3 Right foot step to right side
- 4 Hop on right with  $\frac{1}{2}$  turn to right

## LEFT GRAPEVINE

- 1 Left foot step to left side
- 2 Cross right foot behind left
- 3 Left foot step to left side
- 4 Hop on left foot

## STEP, HOP, STEP, HOP

- 1 Step forward on right foot
- 2 Hop on right foot
- 3 Step forward on left foot
- 4 Hop on left foot

## RIGHT GRAPEVINE

- 1 Right foot step to right side
- 2 Cross left foot behind right
- 3 Step right foot to right side
- 4 Hop on right with  $\frac{1}{2}$  turn to the right

## LEFT GRAPEVINE

- 1 Left foot step to left side
- 2 Cross right foot behind left
- 3 Left foot step to left side
- 4 Hop on left

## STEP, HOP, STEP, STOMP

- 1 Step forward on right foot
- 2 Hop on right
- 3 Step forward on left foot
- 4 Stomp right foot

**REPEAT**

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