

Hard To Stop A Train

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Norman Gifford (USA)
音樂: Hard To Stop A Train - Eddie Bush



STEP, LOCK, STEP, BRUSH, PIVOT TURN ½ RIGHT, SHUFFLE STEPS FORWARD

1-4 Right step forward, left lock behind right, right step forward, left brush
5-6 Left step forward, pivot turn ½ right
7&8 Shuffle steps forward (left-right-left) (6:00)

STEP, LOCK, STEP, BRUSH, ROCK STEP, REPLACE, SHUFFLE STEPS TURNING ½ LEFT

1-4 Right step forward, left lock behind right, right step forward, left brush
5-6 Left rock-step forward, right replace back
7&8 Shuffle steps turning ½ left (left-right-left) (12:00)

GRAPEVINE RIGHT, BRUSH, CROSSOVER, REPLACE, SHUFFLE STEPS TURNING ¼ LEFT

1-4 Right step side, left behind, right step side, left brush across right
5-6 Left crossover, right replace
7&8 Shuffle steps turning ¼ left (left-right-left) (9:00)

CROSS-LOCK STEPS LEFT OBLIQUE, RONDE, ROCK-STEP, REPLACE, TURNING ¼ LEFT LONG STEP TO SIDE, DRAW TOGETHER

1-2 Right crossover, left lock behind right moving left oblique
3-4 Right crossover oblique, left wide sweep forward
5-6 Left rock-step forward, right replace
7-8 Turn ¼ left with a long step to the side, right draw slowly together (6:00)

CROSSOVER, STEP BACK, STEP SIDE, CROSSOVER, STEP BACK, STEP SIDE, CROSSOVER, HOLD

1-3 Right crossover, left step moving back, right step side
4-6 Left crossover, right step moving back, left step side
7-8 Right crossover forward, hold

ROCK FORWARD, REPLACE BACK, SHUFFLE STEPS TURNING ¾ LEFT, ROCK-STEP, REPLACE, STEP BACK WITH DRAW

1-2 Left rock-step forward, right replace back
3&4 Left triple step turn ¾ left (left-right-left) (9:00)
5-6 Right rock-step forward, left replace
7-8 Right large step back, slowly draw left together

COASTER STEP, HOLD, SCISSOR STEP, HOLD

1-4 Left step back, right together, left step forward, hold
5-8 Right step side, left step back, right crossover, hold

LEFT FOOT MONTEREY TURNS ¼ LEFT, RIGHT TOUCH TOGETHER ON LAST COUNT

1-2 Left touch side, bring left together turning ¼ left onto left foot
3-4 Right touch side, right step together (6:00)
5-6 Left touch side, bring left together turning ¼ left onto left foot
7-8 Right touch side, right touch together (3:00)

REPEAT

TAG

Do only after second wall (facing 6:00) when dancing to "It's Hard to Stop a Train"

NORMAL MONTEREY TURNS ½ RIGHT

- 1-2 Right touch side, bring right together turning ½ right onto right foot
 - 3-4 Left touch side, left step together (12:00)
 - 5-6 Right touch side, bring right together turning ½ right onto right foot
 - 7-8 Left touch side, left step together (6:00)
 - & Right touch together
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