

Downbound Train

拍數: 64 牆數: 4 級數: Intermediate
編舞者: DJ Dan (NL) & Wynette Miller (NL)
音樂: Downbound Train - Raul Malo



Start on the word "JOB"

WALK RIGHT / LEFT, SHUFFLE, ROCK STEP, COASTER STEP

1-2 Step right forward, step left forward
3&4 Shuffle forward stepping right, left, right
5-6 Rock left forward, recover weight onto right
7&8 Step left back, step right next to left, step left forward

STEP, ½ PIVOT, SHUFFLE, ROCK STEP, COASTER CROSS

1-2 Step right forward, pivot ½ turn left (6:00)
3&4 Shuffle forward stepping right, left, right
5-6 Rock left forward, recover weight onto right
7&8 Step left back, step right next to left, cross left over right

SIDE ROCK & STEP, SIDE ROCK & STEP, ROCK STEP, SHUFFLE ½ TURN RIGHT

1&2 Rock right to right side, recover weight onto left, step right forward
3&4 Rock left to left side, recover weight onto right, step left forward
5-6 Rock right forward, recover weight onto left
7&8 Shuffle ½ turn right stepping right, left, right (12:00)

SIDE ROCK & STEP, SIDE ROCK & STEP, ROCK STEP, SHUFFLE ½ TURN LEFT

1&2 Rock left to left side, recover weight onto right, step left forward
3&4 Rock right to right side, recover weight onto left, step right forward
5-6 Rock left forward, recover weight onto right
7&8 Shuffle ½ turn left stepping left, right, left (6:00)

¼ TURN SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK, BEHIND-SIDE-CROSS

1-2 Make ¼ turn left rock right to right side, recover weight onto left (3:00)
3&4 Cross right behind left, step left to left side, cross right over left
5-6 Rock left to left side, recover weight onto right
7&8 Cross left behind right, step right to right side, cross left over right

SIDE, BEHIND, HEEL JACK & CROSS, RIGHT & LEFT

1-2 Step right to right, cross left behind right
&3 Step right diagonally back, touch left heel diagonally forward
&4 Step left next to right, cross right over left
5-6 Step left to left, cross right behind left
&7 Step left diagonally back, touch right heel diagonally forward
&8 Step right next to left, cross left over right

SIDE, TOGETHER, CROSS SHUFFLE, RIGHT & LEFT

1-2 Step right to right side, step left next to right
3&4 Cross right over left, step left to left side, cross right over left
5-6 Step left to left side, step right next to left
7&8 Cross left over right, step right to right side, cross left over right

HEEL BALL CROSS, SIDE ROCK, JAZZ BOX

1&2 Touch right heel diagonally forward, step right next to left, cross left over right
3-4 Rock right to right side, recover weight onto left
5-8 Cross right over left, step left back, step right to right side, step left forward

REPEAT

TAG

After the first and second wall

WALK RIGHT / LEFT, SHUFFLE, ROCK STEP, COASTER STEP, STEP, ½ PIVOT, WALK RIGHT / LEFT

1-2 Step right forward, step left forward
3&4 Shuffle forward stepping right, left, right
5-6 Rock left forward, recover weight onto right
7&8 Step left back, step right next to left, step left forward
9-10 Step right forward, pivot ½ turn left
11-12 Step right forward, step left forward (9:00)
