

Chicken Trax

拍數: 64 牆數: 4 級數:
編舞者: Linda Wolfe (AUS)
音樂: I Play Chicken With the Train - Cowboy Troy



ROCK, REPLACE, CROSS SHUFFLE, ¼ TURN SHUFFLE, ½ PIVOT

1-2-3&4 Rock right to right, replace weight on left, cross shuffle to left right-left-right
5&6-7-8 Turning ¼ shuffle forward on left, step forward right, pivot ½ turn left (weight ends on left)

ROCK, REPLACE, FULL TURN TRIPLE, ROCK, REPLACE, COASTER STEP

1-2-3&4 Rock forward on right, replace weight on left, full turn triple right-left-right
5-6-7&8 Rock forward on left, replace weight on right, left coaster step

RUNNING MAN STEPS, STEP, ¼ TURN, CROSS SHUFFLE

&1&2&3&4& Scoot back on left, step onto right, scoot back on right, step onto left, scoot back on left, step onto right, scoot back on right, step onto left, scoot back on the left
5-6-7&8 Step forward on right, pivot ¼ turn left, cross shuffle to the left (right-left-right)

MONTEREY TURN, ROCK, SHUFFLE, CROSS ROCK

1-2-3-4 Touch left to left side, half turn left stepping left together, rock right to right, rock left to left
5&6-7-8 Shuffle to the right (right-left-right), cross rock left over right, replace weight on right

Restarts go here on every second wall

¼ SHUFFLE, HITCH & ¼ SCOOT, KICK, CROSS, STEP, STEP, KICK, CROSS, STEP, STEP

1&2-3-4 Turning ¼ left shuffle forward left-right-left, turning ¼ left hitch right, scoot left to the right
5&6&7&8& Kick right foot forward, cross right foot over left, step left foot slightly back & out to the left side, step onto right, kick left foot forward cross left foot over right, step right foot slightly back and out to right side, step onto left

STEP, STEP, TOES, HEELS, TOUCH BACK, UNWIND, SWAY, SWAY

1-2-3-4 Step forward right, step forward left (shoulder width apart), both toes in, both heels in
5-6-7-8 Touch back right, unwind ½ turn right, step left forward swaying hips left then right

¼ COASTER STEP, SWAY, SWAY, BEHIND, SIDE, CROSS, ROCK, REPLACE

1&2-3-4 ¼ left coaster step, step right forward swaying hips right then left
5&6-7-8 Step right behind left, step left to left side, cross right over left, rock left to left, replace weight on right

FULL TURN TRIPLE STEP, ROCK FORWARD, REPLACE, FULL TURN TRIPLE, STEP, TOUCH

1&2-3-4 Full turn triple step over the left shoulder left-right-left, rock forward right, replace weight on left
5&6-7-8 Full turn triple step over the right shoulder right-left-right, step forward left, touch right next to left

REPEAT

RESTART

On every second wall, dance to count 30 then dance

31-32 Step forward on left, touch right beside left