

Canley Train

拍數: 32 牆數: 4 級數: Improver
編舞者: Steve Jeffries (UK)
音樂: Long Black Train - Allison Moorer



CROSSING TOE STRUTS, ROCK BEHIND, CHASSE RIGHT

1-4 Step right toe across left, drop heel to floor, step left toe to left, drop heel to floor
5-6 Rock right foot behind left, recover weight to left
7&8 Step right foot to right, slide left next to right, step right foot to right

CROSSING TOE STRUTS, ROCK BEHIND, CHASSE LEFT

9-12 Step left toe across right, drop heel to floor, step right toe to right, drop heel to floor
13-14 Rock left foot behind right, recover weight to right
15&16 Step left foot to left, slide right next to left, step left foot to left

STEP & PIVOT, SHUFFLE, TOUCHES, SHUFFLE

17-18 Step right foot forward, pivot ½ turn over left shoulder
19&20 Shuffle forward : right, left, right
21-22 Tap left heel forward, touch left toe back
23&24 Shuffle forward : left, right, left

RIGHT & LEFT GRAPEVINES

25-26 Step right to right, step left behind right, step right to right, touch left next to right
29-32 Step left to left, step right behind left, step left to left turning ¼ left, brush right foot forward

REPEAT

8 COUNT BRIDGE: TWO MONTEREY TURNS

To be added after 4th wall (1st chorus). You may find it easier to perform these turns if you on this occasion, change step 32 to a touch instead of a brush !

1 Touch right to right side
2 On ball of left, pivot ½ turn right stepping right beside left
3-4 Touch left to left side, step left beside right
5-8 Repeat above 4 steps