

All Aboard!

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Max Perry (USA) & Jo Thompson Szymanski (USA)
音樂: My Baby Thinks She's A Train - The Dean Brothers



ROCK FORWARD, STEP, ROCK BACK, STEP, ROCK FORWARD, STEP, COASTER STEP

1-2 Rock forward with right heel, replace weight back to left foot
3-4 Rock back on ball of right, replace weight forward to left foot
5-6 Rock forward with right heel, replace weight back to left foot
7&8 Step back right, step left together, step forward right

ROCK FORWARD, STEP, ROCK BACK, STEP, ROCK FORWARD, STEP, COASTER STEP

9-10 Rock forward with left heel, replace weight back to right foot
11-12 Rock back on ball of left, replace weight forward to right foot
13-14 Rock forward with left heel, replace weight back to right foot
15&16 Step back left, step right together, step forward left

Note: for optional styling during the above 16 counts, circle both fists at side making a train motion.

CROSS BALL CHANGES MOVING LEFT, SYNCOPATED WEAVE RIGHT WITH ¼ TURN RIGHT

17 Step right across in front of left.
&18 Step on ball of left to left side and slightly back, step right across in front of left
&19 Step on ball of left to left side and slightly back, step right across in front of left
&20 Step on ball of left to left side and slightly back, step right across in front of left

Note: for optional styling during the above 4 counts, roll fists around each other in front of waist

21-22 Step left across in front of right, step right to right side .
23&24 Step left behind right, turn ¼ right step right forward, step forward left

TWO ½ TURNS LEFT, CHUG WALK FORWARD 4 TIMES

25-26 Step forward right, turning ½ left, shift weight forward to left foot .
27-28 Step forward right, turning ½ left, shift weight forward to left foot .
29 Step forward right and slide left toe up next to right foot (weight on right, left knee will be slightly bent).
30 Step forward left and slide right toe up next to left foot (weight on left, right knee will be slightly bent).
31-32 Repeat above 2 counts.

Instead of the chug walks you can just walk forward right, left, right, left.

REPEAT