

Long Train Runnin'

拍數: 48 牆數: 4 級數: Easy Intermediate
編舞者: Amy Christian (USA) - March 2009
音樂: Long Train Runnin' (Remix) - The Doobie Brothers : (3:38)



Intro: 16 Count. 2 Restarts.

Side Rock, Behind, Side, Cross, X 2,

1-2 Rock to side on R foot, Recover on L foot,
3&4 Step R foot behind L, Step L to left side, Step R foot across L,
5-6 Rock L foot to L side, recover on R foot,
7&8 Step L foot behind R, Step R to right side, Step L foot across R,

Rock Fwd, Recover, ½ Turn Shuffle, X 2,

1-2 Rock fwd on R foot, Recover back on L foot,
3&4 ½ Turn right, shuffle forward,(6 o'clock),
5-6 Rock fwd on L foot, recover back on R foot,
7&8 ½ Turn left, shuffle forward,(12 o'clock),

Skate, Skate, Shuffle Diag Fwd, Skate, Skate, ¼ Turn Shuffle Fwd,

1-2 Skate R, Skate L,
3&4 Shuffle diagonally fwd R,L,R,
5-6 Skate L, Skate R,
7&8 Shuffle with a ¼ turn left, L,R,L,

Back, Touch, Back, Touch, Back, Touch, Back, Touch,

1-4 Step diag back on R, Touch L next to R, Step diag back on L, Touch R next to L,
5-8 Step diag back on R, Touch L next to R, Step diag back on L, Touch R next to L,
(You may clap or snap your fingers on this set of 8 counts)

Rocking Chair, ½ Pivot, Step Fwd, Together,

1-2 Rock fwd on R, Recover back on L, Rock back on R, Recover fwd on L,
5-6 Step fwd on R, Pivot ½ turn left, stepping L foot fwd,
7-8 Step R foot fwd, Step L next to R,

R Sailor, L Sailor, R Sailor, L Sailor, (Moving Back)

1&2 R Sailor Step,
3&4 L Sailor Step,
5&6 R Sailor Step,
7&8 L Sailor Step,

Start again!

Please take note of 3 things:

*1) First Restart

On Wall 2 after 16 Counts of the dance (after the Rock, Recover, ½ Shuffles), Restart the dance.

*2) Second Restart

The music changes and the beat stops at the 7th wall, just before the last eight of Sailor Steps, facing the back wall. Stop and groove on the spot and when the beat starts again, count 16 counts and start the dance from the top. Or,...since the music is really long, you could fade out when you get to that part.

*3) The original version. (3.26)

If you use the original version, the intro is 32 Counts and then you will only have the 2nd Restart at the 7th wall. Or you could fade off the music and avoid the Restart all together.

Enjoy!

Website: www.linefusiondance.com
