

Morning Train

拍數: 32 牆數: 4 級數: Easy Improver
編舞者: Jeanette Karlsson (SWE) - September 2009
音樂: Morning Train (Nine to Five) - Sheena Easton



Starts on lyrics

Section 1

Left rumba box forward with claps, right rumba box back with claps

1-2 Step left to left side, step right next to left
3-&4 Step left forward, touch right with two claps
5-6 Step right to right side, step left next to right
7-&8 Step right back, touch left with two claps

Section 2

Left grapevine ¼ turn left with right scuff, right jazz box touch

1-2 Step left to left side, step right behind
3-4 Step left ¼ turn to left, scuff right heel
5-6 Cross right over left, step left back
7-8 Step right to right side, touch left beside

Section 3

Left chassé, right rock step, right grapevine

1&2 Step left to left side, step right together, step left to left side
3-4 Rock right back, recover onto left
5-6 Step right to right, step left behind
7-8 Step right to right, step left next to right (weight on left)

Section 4

Right kick ball change x 2, Monterey ½ turn touch

1&2 Kick right forward, step onto ball of right, step left in place
3&4 Kick right forward, step onto ball of right, step left in place
5-6 Point right to right side, turn ½ turn right stepping right together
7-8 Point left to left side, touch left beside (weight on right)

TAGS Bumping hips

1-4 Bump your hips left, right, left, right (weight on right)

Tag 1 before wall 3 (facing 6 o'clock)

Tag 2 before wall 6 (facing 3 o'clock)

Tag 3 before wall 9 (facing front, 12 o'clock)

Enjoy!