

Freight Train

拍數: 32 牆數: 4 級數: Improver
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音樂: Freight Train - Alan Jackson



Heel -Ball -Cross , Step Back r, Heel -Ball -Cross &Cross , Side rock 1/4 Turning Right

1&2 RF touch right heel forward, step RF next LF , LF cross over RF
3 - 4 RF step back, LF touch left heel forward
& 5 LF step next RF, RF cross right heel over LF
& 6 LF small step to the left, RF small step on heel crossing over LF to the left
7 - 8 LF side rock to the left, recover on RF ¼ turning right

Heel -Ball -Cross ,Step Back l, Heel -Ball -Cross &Cross , Side rock 1/4 Turning Left

1&2 LF touch left heel forward, step LF next RF and cross over LF
3 - 4 LF step back, RF touch right heel forward
&5 RF step next LF, LF cross left heel over RF
&6 RF small step to the right, LF small step on heel crossing over RF to the right
7 - 8 RF side rock to the right, recover on LF ¼ turning left

Diagonal Shuffle forward r +l, Rock, Sailor Step Turning ¼ r

1&2 RF step diagonally forward, LF step next RF , RF step forward
3&4 LF step diagonally forward, RF step next LF, LF step forward
5 - 6 RF rock forward , recover on LF (Easy Option here " Stomp" and Restart)

(Restart here on walls 3, 7, 10 and 14)

7&8 RF cross behind LF, step LF to the left and recover on RF ¼ turning right

Heel switches l +r , Point side right - Clap, 2 x Kick – Coaster Step back

1&2 LF touch heel forward, LF step next RF, RF touch heel forward
&3- 4 LF LF point side left, clap
5- 6 LF kick twice
7- 8 LF step back, RF step next LF, LF step forward

Start again
