

Long Black Train

拍數: 64 牆數: 2 級數: Improver
編舞者: Adrienne Hart (USA) - June 2012
音樂: Long Black Train - Josh Turner



Start on vocal – Right Start

[1-8] ROCK FORWARD, RECOVER, SIDE ROCK, RECOVER, ROCK BACK, RECOVER, SIDE, HOLD

1-2 Rock right forward, recover weight to left
3-4 Rock right to right side, recover weight to left
5-6 Rock right back, recover weight to left
7-8 Step right to right, hold

[9-16] ROCK FORWARD, RECOVER, SIDE ROCK, RECOVER, ROCK BACK, RECOVER, SIDE, HOLD

1-2 Rock left forward, recover weight to right
3-4 Rock left to left side, recover weight to right
5-6 Rock left back, recover weight to right
7-8 Step left to left, hold

[17-24] WEAWE TO THE COUNT OF 7, TOUCH

1-2-3-4 Step right to right, step left behind right, step right to right, cross left over right
5-6-7-8 Step right to right, step left behind right, step right to right, touch left next to right

[25-32] WEAWE TO THE COUNT OF 7, TOUCH

1-2-3-4 Step left to left, step right behind left, step left to left, cross right over left
5-6-7-8 Step left to left, step right behind left, step left to left, touch right next to left

[33-40] HEEL STRUTS FORWARD TO THE COUNT OF 8

1-2 Step right heel forward, drop right toe down
3-4 Step left heel forward, drop left toe down
5-6 Step right heel forward, drop right toe down
7-8 Step left heel forward, drop left toe down

[41-48] TOE STRUTS BACK TO THE COUNT OF 8

1-2 Step right toe back, drop right heel down
3-4 Step left toe back, drop left heel down
5-6 Step right toe back, drop right heel down
7-8 Step left toe back, drop left heel down

[49-56] SIDE MAMBO RIGHT, HOLD, SIDE MAMBO LEFT, HOLD

1-2-3-4 Rock right to right, recover weight to left, step right next to left, hold
5-6-7-8 Rock left to left, recover weight to right, step left next to right, hold

[57-64] HEEL STRUTS 1/2 RIGHT TURN

1-2 Step right heel to right diagonal 1/8, drop right toe down (1:00)
3-4 Step left heel to left turning 1/8, drop left toe down (3:00)
5-6 Step right heel to right diagonal 1/8, drop right toe down (5:00)
7-8 Step left heel to left 1/8, drop left toe down (6:00)

REPEAT