

Circle Of Love Train

拍數: 48 牆數: 0 級數: Beginner - Circle
編舞者: Rachael McEnaney (USA) - December 2013
音樂: Love Train - Rod Stewart : (Album: Soulbook - 3:03)



Count In: 16 counts from start of track, dance begins on vocals. Approx 122 bpm.

Notes: This is a circle dance and continues round the floor in a counter clockwise direction – begin the dance facing line of dance each person behind each other. If you have a large group, for fun you could have an inner circle facing the opposite direction going the opposite way

Abbreviations on directions for 'End Facing': LOD – Line Of Dance (Counter clockwise direction), C – Center (center of circle), W – Wall (outside circle), RLOD – Reverse Line Of Dance (clockwise direction)

[1 - 8] Fwd R, L shuffle, walk R-L, R shuffle, fwd L

1 2 & 3 Step forward right (1), step forward left (2), step right next to left (&), step forward left (3) [LOD]

4 5 6 & 7 Step forward right (4), step forward left (5), step forward right (6), step left next to right (&), step forward right (7), step forward left (8) [LOD]

[9 - 16] ¼ L into weave R (hold hands with people next to you for fun)

1 2 3 4 Make ¼ turn left as you step right to right side (1), cross left behind right (2), step right to right side (3), cross left over right (4) [C]

5 6 7 8 Step right to right side (5), cross left behind right (6), step right to right side (7), cross left over right (8) [C]

[17 - 24] Side R, touch L, side L, touch R, walk fwd R-L-R, kick L (still holding hands)

1 2 3 4 Step right to right side (1), touch left next to right (2), step left to left side (3), touch right next to left (4) [C]

5 6 7 8 Step forward right (5), step forward left (6), step forward right (7), kick left foot forward (8) (option: raise arms up on walks forward) [C]

[25 - 32] Charleston (back L, touch R, fwd R, kick L), walk back L-R, L back rock

1 2 3 4 Step back left (1), touch right toe back (2), step forward right (3), kick left foot forward (4) (option: bring arms down on 1-2, up again on 3-4) [C]

5 6 7 8 Step back left (5), step back right (6), rock back left (7), recover weight right (8) (release hands at this point) [C]

[33 - 40] Fwd L, ½ pivot R, L shuffle, R jazz box with ¼ turn R

1 2 3 & 4 Step forward left (1), pivot ½ turn right (2), step forward left (3), step right next to left (&), step forward left (4) [W]

5 6 7 8 Cross right over left (5), step back left (6), make ¼ turn right stepping forward right (7), step forward left (8) [RLOD]

[41 - 48] Turning hip bumps / toe taps x 4 (or option without turns)

1 2 Touch right toe forward as you push hip right (1), step in place (fwd) on right (2), (snap fingers up) [RLOD]

3 4 On ball of right make ½ turn right touching left toe back as you push hip left (3), step in place (back) on left (4) (snap fingers down) [LOD]

5 6 On ball of left make ½ turn right touching right toe forward as you push hip right (5), step in place (fwd) on right (6) (snap fingers up) [RLOD]

7 8 On ball of right make ½ turn right touching left toe back as you push hip left (7), step in place (back) on left (8) (snap fingers down) [LOD]

Easy: Option without the turns: Counts 1-2 are the same, 3: touch left toe forward bumping hip, 4: step in place on left, 5: touch right toe forward bumping hip, 6: step in place on right, 7-8 are the same (1/2 turn right)

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format.

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