

Train Wreck

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Count: 32

Wall: 2

Level: Intermediate

Choreographer: Magali CHABRET - November, 2016

Music: Train Wreck (James Arthur) [CD : Back From The Edge - October, 2016] 74 bpm

#16 counts intro

S1 : LUNGE, PUSH, ¼ TURN L, PIVOT ½ TURN L, ¼ TURN L & R BASIC NC, L BASIC NC

1 Lunge L to L side, bending L leg to L and stretched R leg to R

2 Push on ball of L to recover onto R with L foot next to R leg

3-4&¼ turn L stepping L forward (9:00) - step R forward - pivot 1/2 turn L (3:00)

5-6&¼ turn L with long step R to R side - step L behind R - cross R over L (12:00)

7-8& Long step L to L side - step R behind L - cross L over R

S2 : MODIFIED ½ DIAMOND SHAPE, SWEEP, CROSS, BACK, SIDE, SWEEP, CROSS, BACK

1-2& Step R to R side - 1/8 turn L stepping back on L - step back on R (10:30)

3-4 1/8 turn L stepping L to L side (9:00) - 1/8 turn L stepping R forward (7:30)

5 1/8 turn L stepping L forward sweeping R from back to front (6:00)

6& Cross R over L - step back on L

7 Step R diagonally back with a small sweep L from back to front

8& Cross L over R - step R diagonally back

** Restart 3rd wall **

S3 : ¼ TURN L, UP HITCH, DROP, MAMBO ½ TURN L, STEP, FULL TURN R, BALL TURN ½ R

1&2 1/4 turn L stepping L to L side - go up on ball of L hitching R knee forward - step R forward (3:00)

3&4 Rock L forward - recover onto R - 1/2 turn L stepping L forward (9:00)

5-6 Step R forward - 1/2 turn R stepping back on L

7&8 1/2 turn R stepping R forward - 1/4 turn R stepping ball of L next to R - 1/4 turn R stepping R forward (3:00)

S4 : SWEEP, CROSS, BACK, SIDE, CROSS UNWIND 3/4 TURN L, UNWIND 3/4 TURN R, SWEEP, BEHIND, SIDE, CROSS

&1-2& Sweep L from back to front - cross L over R - recover onto R - step L to L side

3-4 Cross R over L - unwind 3/4 turn L (6:00)

5-6 Unwind 3/4 turn R, finish weight on L (3:00) - 1/4 turn R with sweep Rf from front to backward (6:00)

7&8 Cross R behind L - step L to L side - cross R over L

Tag : (the Tag is almost identical to 1st Section, only the last counts [7&8&] are modified) at the end of st wall :

1 Lunge L to L side, bending L leg to L and stretched R leg to R

2 Push on ball of L to recover onto R with L foot next to R leg

3-4 1/4 turn L stepping L forward - step R forward - pivot 1/2 turn L

5-6 1/4 turn L with long step R to R side - step L behind R - cross R over L

7&8 1/4 turn R stepping back on L - 1/2 turn R stepping R forward - 1/4 turn R stepping ball of L to L side - cross R over L (6:00)

Restart during 3rd wall after 16 counts, facing 6:00

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr - www.galichabret.com

Original stepsheet of the choreographer