

Freight Train (货运列车) (zh)

COPPER KNOB
BY STEPHEN METZ

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Maria Nix (DE) - 2023年05月

Musik: Freight Train - Alan Jackson



开始：与歌手一起数16次后

Start: after 16 count with the singer

S1 : R-踢步侧尖, L-踢步侧尖, R-摇滚步, 过山车步

1&2 右踢向前, 放在左边, 左脚向左倾斜
3&4 左踢前, 左放在右边, 右脚向右倾斜
5-6 右前一步, 右脚负重, 左脚负重
7&8 右退一步, 左放在右边, 右向前一步

S1: R-kick step side tip, L-kick step side tip, R-rock step, coaster step

1&2 right kick forward, place right next to left, tip left foot to the left side
3&4 left kick forward, place left next to right, tip right foot to the right side
5-6 right step forward, put weight on right foot, put weight back on left foot
7&8 right step back, place left next to right, right step forward

S2 : L字跟深红色左转1/4圈 (9点钟), 过山车步, 向前洗牌, 台阶1/4圈 (12点钟方向)

1-2 穿左脚跟, 1/4 转左脚跟朝向 9 点钟
3&4 左后退, 右边左边, 左前一步
5&6 右前一步, 关闭左, 右向前一步
7-8 右前一步, 1/4 向右转 面向 12 点钟位置

S2: L-heel crind ¼ turn left (9 o'clock), coaster step, Shuffle forward, step ¼ turn (12 o'clock)

1-2 put on left heel, ¼ turn on left heel facing 9 o'clock
3&4 left step back, place right next to left, left step forward
5&6 right step forward, close left, right step forward
7-8 right step forward, ¼ turn to the right facing 12 o'clock

S3 : L型交叉侧后面和脚跟, R-cross, 水手1/4圈 (3 Uhr)

1-2 左越右, 右跨右
3&4& 左交叉在右后方, 右脚右步, 左脚放在脚后跟上, 把重量放回左脚上
5-6 左横跨, 左左越
7&8 左脚右摆动, 1/4转面向3点钟, 将重量放在左边, 右步向前

S3: L-cross side behind & heel, R-cross, sailor ¼ turn (3 Uhr)

1-2 cross left over right, step right with right
3&4& cross left behind right, step right with right, put left foot on heel, put weight back on left foot
5-6 cross right over left, step left with left
7&8 swing right behind left foot with ¼ turn facing 3 o'clock, put weight on left, right step forward

S4 : L级1/2转弯 (9Uhr), 过山车步, 全转, 跺脚跺脚

1-2 向左向前一步, 向左 1/2 转面向 9 点钟位置
3&4 左后退, 右边左边, 左前一步
5-6 右前一步, 全转面向9点钟位置
7-8 右跺脚, 左跺脚

S4: L-step ½ turn (9 Uhr), coaster step, Full turn, stomp stomp

1-2 left step forward, ½ turn left facing 9 o'clock
3&4 left step back, place right next to left, left step forward

5-6 right step forward, full turn facing 9 o'clock
7-8 right stomp, left stomp

*****3 次重启 :**

- *3. 圆朝6点钟后交叉后&脚跟
- *6. 圆形朝向9点钟后交叉后&脚跟
- *14. 圆形朝向9点钟后交叉后&脚跟

*****3 Restarts:**

- *3. Round facing 6 o'clock after cross side behind & heel
 - *6. Round facing 9 o'clock after cross side behind & heel
 - *14. Round facing 9 o'clock after cross side behind & heel
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