

# Marathon Ride

**COPPERKNOB**  
STEPSHEETS

Count: 32

Wand: 4

Ebene: Beginner polka

Choreograf/in: Arto Liekola (FIN)

Musik: Long Hard Ride - The Marshall Tucker Band



## 2 X HEELS, SCUFF, SHUFFLE, TURN

- 1&2& Touch left heel forward, step left beside right, touch right heel forward, step right beside left  
3-4 Step left forward, scuff right forward  
5&6 Shuffle forward right, left, right  
7-8 Step left forward, turn ½ right  
9-16 Repeat steps 1-8

## SHUFFLE, SHUFFLE, TURN, SHUFFLE, SHUFFLE

- 17&18 Shuffle forward left, right, left  
19&20 Shuffle forward right, left, right  
21&22 Turn ¼ left shuffle forward left, right, left  
23&24 Shuffle forward right, left, right

## ROCK STEP, ½ TURNING SHUFFLE, ROCK STEP, COASTER STEP

- 25-26 Rock forward left, recover weight back to right  
27&28 Shuffle left, right left turning ½ left  
29-30 Rock forward right, recover weight back to left  
31&32 Step right back, step left beside right, step right forward

## REPEAT