

# Short Train

**COPPER** **KNOB**  
STEPSHEETS

**Count:** 40

**Wall:** 2

**Level:** Beginner

**Choreographer:** Wanda Heldt (AUS) - 2004

**Music:** Longtrain Running - Bananrama



Or Music: Achy Breaky Heart by Billy Ray Cyrus & will fit to most music

Split Floor: Who Did You Call Darling

## **RIGHT VINES WITH HIPS SWAYS**

1-4 Step Right, Left behind Right Left, Step Right, Hold on count 4  
5-8 Sway Hips Left, Right, Left, Right - [Weight on Right]

## **LEFT VINES WITH HIPS SWAYS**

1-4 Step Left, Right behind Left, Step Left, Hold on count 4  
5-8 Sways Hips Right, Left, Right, Left - [Weight on Left]

## **RIGHT & LEFT SKATES FORWARD, WITH HOLDS**

1-2 Step R forward at [2:00] Step Left forward at [1:00]  
3-4 Step R forward at [2:00], & Hold - [Wt. on R]  
5-6 Step L forward at [1:00], Step Right forward at [2:00]  
7-8 Step L forward at [1:00], & Hold - [Wt. on L]

## **WALK BACK RIGHT & LEFT, WITH HITCH**

1-4 Walk back Right, Left, Right, Hitch Left Knee  
5-8 Walk back Left, Right, Left, Touch Right toe next to Left

## **1/4 MONTERYS TO THE RIGHT**

1-2 Point Right Toe to side, Step leg in & Pivot 1/4 Right  
3-4 Point Left Toe to the side, bring leg back [Wt. on L]  
5-6 Point Right Toe to side, Step leg in & Pivot 1/4 Right  
6-8 Point Left Toe to the side, bring leg back in [Wt. on L]

**RESTART: DANCE WITH ATTITUDE - HAVE FUN**

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