

Trains & Boats & Planes

COPPER KNOB
BY SHEETS

拍数: 48 墙数: 2 级数: Beginner
编舞者: Rene & Reg Mileham (UK) - September 2014
音乐: Trains and Boats and Planes - Dionne Warwick : (CD: Here's Dionne)



Style : Easy Listening 36 count intro (start on vocals) - approx 106 bpm

Section 1: Heel, toe, shuffle. Rocking chair

1 – 2 Touch Right heel forward, touch Right toe back
3 & 4 Step Right forward, close Left to Right, step Right forward
5 – 6 Rock forward on Left, rock back on Right
7 – 8 Rock back on Left, rock forward on Right

Section 2: Left grapevine, touch. Sway, touch, sway touch.

1 – 2 Step Left to side, step Right behind Left
3 - 4 Step Left to side, touch Right next to Left
5 – 6 Sway Right, touch Left next to Right
7 – 8 Sway Left, touch Right next to Left

Section 3: Right grapevine, touch. Sway touch, sway touch

1 – 2 Step Right to side, step Left behind Right
3 - 4 Step Right to side, touch Left next to Right
5 – 6 Sway Left, touch Right next to Left
7 – 8 Sway Right, touch Left next to Right

Section 4: Heel, toe, shuffle. Rocking chair

1 – 2 Touch Left heel forward, touch Left toe back
3 & 4 Step Left forward, close Right to Left, step Left forward
5 – 6 Rock forward on Right, rock back on Left
7 – 8 Rock back on Right, rock forward on Left

Section 5: 2 x ¼ Monterey turns

1 – 2 Point Right to right side, ¼ turn right step Right next to Left
3 – 4 Point Left to left side, step Left next to Right
5 – 6 Point Right to right side, ¼ turn right step Right next to Left
7 – 8 Point Left to left side, step Left next to Right

Section 6: Step, hold. Back rock, recover. Side, hold, back rock, recover

1 – 2 Step Right to right side, hold
3 – 4 Rock Left behind Right, recover onto Right
5 – 6 Step Left to left side, hold
7 – 8 Rock Right back, recover onto Left

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