

Over You Train

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Easy Intermediate
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音乐: Over You Train - The Rankin Twins : (Album: Good Vibes.)



Intro: 24 counts - Pattern: 64-20-64-26-64-16

Tag 1: 20 count

Tag 2: 26 count

S1: Step turn, shuffle 1/2 turn, Coaster step, Run R L R.

1-2 Step R forward, 1/2 turn L (6.00)
3&4 1/2 turning L: stepping R, L, R, (12.00)
5&6 Step L back, step R beside L, step L fwd
7&8 Run fwd: R, L, R

Options: Replace "Step turn, Shuffle 1/2 turn" With, Rock recover, Shuffle back, count: 1-2 3&4.

S2: Step turn, shuffle 1/2 turn, Coaster step, Run L R L.

1-2 Step L forward, 1/2 turn R (6.00)
3&4 1/2 turning R: stepping L, R, L (12.00)
5&6 Step R back, step L beside R, step R fwd
7&8 Run fwd: L, R, L

Options: Replace "Step turn, Shuffle 1/2 turn" With, Rock recover, Shuffle back, count: 1-2 3&4.

S3: Heel Hook, Heel Flick, Toe strut, 1/2 Turn Toe strut, Coaster step, Shuffle.

1&2& Touch R heel fwd, Hook R cross L, touch R heel fwd, Flick R back
3&4& Point R toe fwd, R heel down, Point L toe fwd 1/2 turn R, L heel down (6.00)
5&6 Step R back, L beside R, Step R forward
7&8 Step L forward, R beside L, step L forward

S4: Heel Hook, Heel Flick, Toe strut, 1/2 Turn Toe strut, Coaster step, Shuffle.

1&2& Touch R heel fwd, Hook R cross L, touch R heel fwd, Flick R back
3&4& Point R toe fwd, R heel down, Point L toe fwd 1/2 turn R, L heel down (12.00)
5&6 Step R back, L beside R, Step R forward
7&8 Step L forward, R beside L, step L forward

S5: Long step, Touch, Shuffle & Long step, Touch, Shuffle &.

1-2. Step R diagonally R, Touch L beside R,
3&4& Shuffle L diagonally, L, R, L, Touch R beside L
5-6 Step R diagonally R, Touch L beside R
7&8& Shuffle L diagonally, L, R, L, Touch R beside L

S6: Point & Point & Toe Heel Toe, Together, Point & Point & Toe Heel Toe, Together.

1&2& Point R to R side, R beside L, Point L to L side, L beside R,
3&4& Tap R Toe, Heel, Toe, beside R (with knee In, out, In) R beside L (Weight R)
5&6& Point L to L side, L beside L, Point R to R Side, R beside L
7&8& Tap L: Toe, Heel, Toe, beside L (with knee In, out, In) L beside R (Weight L)

Options: Replace "Point & Point &" with, monteray 1/2 turn, count: 1&2& and count: 5&6&

S7: L 1/4 Chassé, Behind Side Cross, Coaster 1/4 turn, Shuffle.

1&2 1/4 turn L stepping R to R side, L beside R, step R to R side (9.00)
3&4 Step L behind R, step R to R side, Cross L over R
5&6 Step R to R side, 1/4 turn L stepping L beside R, step R fwd (6.00)

7&8 Step L fwd, R beside L, step L fwd

S8: L 1/4 Chassé, Behind Side Cross, Coaster 1/4 turn, Shuffle.

1&2 1/4 turn L stepping R to R side, L beside R, step R to R side (3.00)
3&4 Step L behind R, step R to R side, Cross L over R
5&6 Step R to R side, 1/4 turn L stepping L beside R, step R fwd (12.00)
7&8 Step L fwd, R beside L, step L fwd

Tag 1: 20 count, after wall 1

Step, Step, 1/4 turn, cross, vine 8 1/4 turn X 2.

1-2-3-4 Step R fwd, step R fwd (12.00), R 1/4 turn, cross L over R (3.00)

1-2-3-4 Step R to R side, L behind R, 1/4 R stepping R fwd, L fwd (6.00)
5-6 1/2 turn R stepping R fwd (12.00), 1/4 turn R stepping L to L side,
7-8 R behind L (3.00), 1/4 turn L stepping L fwd (12.00)

1-2-3-4 1/4 L stepping R to R side (9.00), L behind R, 1/4 turn R stepping R fwd (12.00), step L fwd,
5-6 1/2 turn R stepping R fwd (12.00), 1/4 R stepping L to L side (9.00),
7-8 R behind L, 1/4 turn L stepping L fwd (6.00)

Tag 2: 26 count, after wall 2

Step, Step, 1/4 turn, cross, vine 8 1/4 turn X 2, Fwd Mambo, Back Mambo, Step fwd R, L.

1-2-3-4 Step R fwd, step R fwd (6.00), R 1/4 turn, cross L over R (9.00)

1-2-3-4 Step R to R side, L behind R, 1/4 R stepping R fwd, L fwd (12.00)
5-6 1/2 turn R stepping R fwd (6.00), 1/4 turn R stepping L to L side,
7-8 R behind L (9.00), 1/4 turn L stepping L fwd (6.00)

1-2-3-4 1/4 L stepping R to R side (3.00), L behind R, 1/4 turn R stepping R fwd (6.00), step L fwd,
5-6 1/2 turn R stepping R fwd (12.00), 1/4 R stepping L to L side (3.00),
7-8 R behind L, 1/4 turn L stepping L fwd (12.00)

1&2 Rock R fwd, recover L, R beside L
3&4 Rock L back, recover R, L beside R
5-6 Step R fwd, step L fwd (12.00)

Dance and have fun

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