

The Train to Lhasa (坐上火車去拉薩)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Betty Dance (HK) - August 2021
音乐: The Train to Lhasa (坐上火車去拉薩) - Xu Qian Ya (徐千雅)



Intro : 32 counts

Section 1 - (HEEL, POINT, POINT, STEP) x2

1-2-3-4 Heel R in front of L, point R to R side, point R in front of L, step R to R side
5-6-7-8 Heel L in front of R, point L to L side, point L in front of R, step L to L side

Section 2 - (POINT, HEEL, POINT, STEP) x2

1-2-3-4 Point R behind L, heel R to R side, point R behind L, step R to R side
5-6-7-8 Point L behind R, heel L to L side, point L behind R, step L to L side

Section 3 - (HEEL, STEP) X 4

1-2-3-4 Heel R in front of L, step R to R side, heel L in front of R, step L to L side
5-6-7-8 Heel R in front of L, step R to R side, heel L in front of R, step L to L side

Section 4 - SIDE, RECOVER, CROSS, HOLD, SIDE, RECOVER WITH ¼ R TURN, HOLD

1-2-3-4 Step side R, recover L, step cross R in front of L, hold
5-6-7-8 Step side L, recover R with ¼ R turn (3:00) , step cross L in front of R, hold

REPEAT AT 3:00

TAG 1 : step 4 counts at 6:00 at end of 2nd wall

TAG 2 : step 4 counts and repeat Section 1 & 2 at 12:00 at end of 4th wall

TAG 3 : step 4 counts at 6:00 at end of 6th wall

Hand and foot movements are include to enhance body coordination and mental wellness. Please watch my dance demo cum tutorial video for hand styling and practice!

Let's be happy & dance in the sun!

Enjoy Dancing with Betty!