

Isolation Train

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Stacie White (UK) & Paul James (UK) - February 2022
音乐: C'mon N' Ride It (The Train) (Radio Edit) - Quad City DJ's



Count In – 16 Counts from the first main beat.

[1-8] Heel Switches x2, Pivot ½ Turn. Chugs x4.

1&2 Tap R heel forward (1) Step RF next to LF (&) Tap L heel forward (2)
&3,4 Step LF next to RF (&) Step RF forward (3) Make ½ turn over L shoulder (4)

Weight ending on LF

5,6 Tiny step RF forward as you 'Pop' your L knee (5) Tiny step LF forward as you 'Pop' your R knee (6)
7,8 Repeat counts 5,6 (7,8)

[9-16] Heel Switches x2, Pivot ½ Turn. Chugs x4.

1&2 Tap R heel forward (1) Step RF next to LF (&) Tap L heel forward (2)
&3,4 Step LF next to RF (&) Step RF forward (3) Make ½ turn over L shoulder (4) *Weight ending on LF*
5,6 Tiny step RF forward as you 'Pop' your L knee (5) Tiny step LF forward as you 'Pop' your R knee (6)
7,8 Repeat counts 5,6 (7,8)

[17-24] Step Side Hitch x2, Step Back Bounce x2.

1,2 Step RF to right (1) Hitch L Knee (2)
2,3 Step LF to L (3) Hitch R Knee (4)
5,6 Step RF back on a diagonal, slight turn in body & bouncing x2 (5,6)
7,8 Step LF back on a diagonal, slight turn in body & bouncing x2 (7,8)

[25-32] Vine Right, ½ Monterey Turn.

1,2 Step RF to right (1) Cross LF behind RF (2)
3,4 Step RF to right (3) Touch L toe next to RF (4)
5,6 Point L toe to left (5) Make ½ turn over L shoulder, closing feet (6)
7,8 Point R toe to right (7) Touch RF to LF.

Demo & Walk Through Video Will Be Available On YouTube Account – cudgefudge
We Hope You Enjoy & Happy Dancing