

# Freight Train (货运列车) (zh)

COPPER KNOB  
STEPPED

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: Maria Nix (DE) - 2023年05月  
音乐: Freight Train - Alan Jackson



开始: 与歌手一起数16次后  
Start: after 16 count with the singer

**S1: R-踢步侧尖, L-踢步侧尖, R-摇滚步, 过山车步**

1&2                      右踢向前, 放在左边, 左脚向左倾斜  
3&4                      左踢前, 左放在右边, 右脚向右倾斜  
5-6                      右前一步, 右脚负重, 左脚负重  
7&8                      右退一步, 左放在右边, 右向前一步

**S1: R-kick step side tip, L-kick step side tip, R-rock step, coaster step**

1&2                      right kick forward, place right next to left, tip left foot to the left side  
3&4                      left kick forward, place left next to right, tip right foot to the right side  
5-6                      right step forward, put weight on right foot, put weight back on left foot  
7&8                      right step back, place left next to right, right step forward

**S2: L字跟深红色左转1/4圈 (9点钟), 过山车步, 向前洗牌, 台阶1/4圈 (12点钟方向)**

1-2                      穿左脚跟, 1/4 转左脚跟朝向 9 点钟  
3&4                      左后退, 右边左边, 左前一步  
5&6                      右前一步, 关闭左, 右向前一步  
7-8                      右前一步, 1/4 向右转 面向 12 点钟位置

**S2: L-heel crind 1/4 turn left (9 o'clock), coaster step, Shuffle forward, step 1/4 turn (12 o'clock)**

1-2                      put on left heel, 1/4 turn on left heel facing 9 o'clock  
3&4                      left step back, place right next to left, left step forward  
5&6                      right step forward, close left, right step forward  
7-8                      right step forward, 1/4 turn to the right facing 12 o'clock

**S3: L型交叉侧后面和脚跟, R-cross, 水手1/4圈 (3 Uhr)**

1-2                      左越右, 右跨右  
3&4&                      左交叉在右后方, 右脚右步, 左脚放在脚后跟上, 把重量放回左脚上  
5-6                      左横跨, 左左越  
7&8                      左脚右摆动, 1/4转面向3点钟, 将重量放在左边, 右步向前

**S3: L-cross side behind & heel, R-cross, sailor 1/4 turn (3 Uhr)**

1-2                      cross left over right, step right with right  
3&4&                      cross left behind right, step right with right, put left foot on heel, put weight back on left foot  
5-6                      cross right over left, step left with left  
7&8                      swing right behind left foot with 1/4 turn facing 3 o'clock, put weight on left, right step forward

**S4: L级1/2转弯 (9Uhr), 过山车步, 全转, 跺脚跺脚**

1-2                      向左向前一步, 向左 1/2 转面向 9 点钟位置  
3&4                      左后退, 右边左边, 左前一步  
5-6                      右前一步, 全转面向9点钟位置  
7-8                      右跺脚, 左跺脚

**S4: L-step 1/2 turn (9 Uhr), coaster step, Full turn, stomp stomp**

1-2                      left step forward, 1/2 turn left facing 9 o'clock  
3&4                      left step back, place right next to left, left step forward

5-6 right step forward, full turn facing 9 o'clock  
7-8 right stomp, left stomp

**\*\*\*3 次重启 :**

- \*3. 圆朝6点钟后交叉后&脚跟
- \*6. 圆形朝向9点钟后交叉后&脚跟
- \*14. 圆形朝向9点钟后交叉后&脚跟

**\*\*\*3 Restarts:**

- \*3. Round facing 6 o'clock after cross side behind & heel
  - \*6. Round facing 9 o'clock after cross side behind & heel
  - \*14. Round facing 9 o'clock after cross side behind & heel
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