

Sugar Train (Off The Track)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Bill McGee (USA) & Candy Buker
音乐: The Sugar Train Song



HEEL, HEEL, AND HEEL, HEEL, SHUFFLE BACK, ROCK STEP

1-2 Touch right heel forward twice
&3-4 Step right next to left, touch left heel forward twice
5&6 Step back on left, step right beside left, step back on left
7-8 Rock back on right, recover onto left

HEEL, HEEL, AND HEEL, HEEL, SHUFFLE BACK, ROCK STEP

1-2 Touch right heel forward twice
&3-4 Step right next to left, touch left heel forward twice
5&6 Step back on left, step right beside left, step back on left
7-8 Rock back on right, recover onto left

STEP, BEHIND, &, CROSS, STEP, STEP, BEHIND, & CROSS, TURN

1-2 Step right to right, step left behind right
&3-4 Step right to right, cross step left over right, step right to right
5-6 Step left to left, step right behind left
&7-8 Step left to left, cross step right over left, step left to left making $\frac{1}{4}$ turn left

STEP, CLAP, &, STEP, CLAP, CLAP, ROCK, RECOVER, TURNING SAILOR STEP

1-2& Step forward on right, hold and clap, step left next to right
3&4 Step forward on right, clap, clap
5-6 Rock forward on left, recover on right
7&8 Making $\frac{1}{4}$ turn left step back on left, step right to right, step forward on left

REPEAT
