

Blue Train

COPPERKNOB
STEPPERS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: R.J. Walker (USA)
音乐: Blues for Dixie - Lyle Lovett & Asleep at the Wheel



ROCK-STEP, STEP, HOLD

1-2 Left rock-step to left side, right rock-step back in place
3-4 Left step (slightly in front of right), hold

ROCK-STEP, STEP, HOLD

5-6 Right rock-step to right side, left rock-step back in place
7-8 Right step (slightly in front of left), hold

WALK, WALK, SHUFFLE

1-2 Two steps forward (left-right)
3&4 Left shuffle forward (left-right-left)

ROCK-STEP, STEP, HOLD

5-6 Right rock-step forward, left rock-step back
7-8 Right step back, hold

STEP, CROSS, STEP, HOLD

1 Left step back
2 Right step back across left (lock step feet together)
3-4 Left step back, hold

STEP, CROSS, STEP, HOLD

5 Right step back
6 Left step back across right (lock step feet together)
7-8 Right step back, hold

STEP, CROSS, TURN, CLAP

1 Left step side (even with right foot and apart)
2 Cross right foot over left
3-4 ½ turn left (weight change to right foot), clap

LEFT SHUFFLE, RIGHT SHUFFLE

5&6 Left shuffle (left-right-left)
7&8 Right shuffle (right-left-right)

LEFT MONTEREY TURN

1-2 Point left foot out to left side, bring left foot back in while making ½ turn left
3-4 Right foot out to right, bring right foot back together (changing weight to the right)

LEFT SHUFFLE, RIGHT SHUFFLE

5&6 Left shuffle (left-right-left)
7&8 Right shuffle (right-left-right)

LEFT CROSS, RIGHT TURN, RIGHT CROSS, STEP

1-2 Left cross over right at the ankle, right ½ turn (shifting weight to left foot)
3-4 Right cross over left at the ankle, left step to the left

RIGHT ¾ TURN, STEP, RIGHT SHUFFLE

&5-6 With weight on ball of left foot, do a ¾ turn right shoulder back, finishing with a right step on 5, then left step forward

7&8 Right shuffle (right-left-right)

REPEAT
