

Night Train Shuffle

COPPER **KNOB**
BY STEPHEN

拍数: 72 墙数: 1 级数: Intermediate
编舞者: Richard Campbell (USA) - September 2012
音乐: Night Train - James Brown : (CD: 20 All Time Greatest Hits)



Practice music: Feelin' Good Train by Sammy Kersaw (120 bpm-start 48 beats in)

Start dancing 16 beats in on the words "Miami Florida"

ROCK FORWARD AND BACK, TRIPLE STEP IN PLACE, REPEAT 4 TIMES

1-2 Rock forward on right foot, rock back on left foot
3&4 Step right foot in place, step left foot in place, step right foot in place
1-2 Rock forward on left foot, rock back on right foot
3&4 Step left foot in place, step right foot in place, step left foot in place

Repeat above 8 counts

SLIDE TO THE RIGHT AND STOMP

1 Take a big step to the right
2-3 Slide the left foot up to the right foot
4 Stomp left foot next to right foot and place weight on it (left foot)

(LEFT) AND HEEL AND STEP, (RIGHT) AND HEEL AND STEP

&1 Turning a slight angle to the left, quickly step back on the right foot and place the left heel forward
&2 Quickly bring the left foot next to the right foot and place (step) weight on the right foot
&3 Turning a slight angle to the right, quickly step back on the left foot and place the right heel forward
&4 Quickly bring the right foot next to the left foot and place (step) weight on the left foot

ROCK ROCK, CROSS AND CROSS

1-2 Rock to the right side, recover rock to the left side
3&4 Cross right over left, placing weight on right foot, quickly step left to left, cross right over left

POINT AND POINT, AND HEEL AND TOE

1&2 Point left toe to the left, quickly step left next to right and point right toe to right
&3&4 Quickly bring right foot next to left, and place left heel forward, quickly step left next to right, and touch right toe

RIGHT SHIMMY, LEFT SHIMMY

1-2-3-4 Step right foot to the right and shimmy (shoulders or booty) as you drag left foot next to right (touch -no weight)
1-2-3-4 Step left foot to the left and shimmy as you drag right foot next to left (touch -no weight)

POINT FWD, POINT BK, POINT FWD, POINT BK, RIGHT VINE

1-2-3-4 Point right toe forward, point right toe back, point right toe forward, point right toe back
1-2-3-4 (Vine right) step right to right, step left behind, step right to right, touch left next to right

POINT FWD, POINT BK, POINT FWD, POINT BK, LEFT VINE WITH BRUSH ½ TURN LEFT

1-2-3-4 Point left toe forward, point left toe back, point left toe forward, point left toe back
1-2-3-4 Step left to left, step right behind, begin ½ turn left stepping on left foot, brush right foot finishing turn(no weight)

ROCK FORWARD, BACK, BACK, FORWARD

1-2-3-4 Step forward on right foot, step back on left foot (in place), step back on right foot, step forward on left (in place)

TWO RIGHT KICK-BALL CHANGES

1&2 Kick right foot forward, step down on ball of right foot, change weight to left foot

3&4 Repeat above

CHOO CHOO SWAY STEPS (total of a half turn left)

1-2 Step right forward as you push your hip to the right and make a 1/8 (small) turn to the left, change weight to left

3-4 Repeat

5-6 Repeat

7-8 Repeat

During this move with your fore arms parallel to the ground, pump your fists forward and back like a steam locomotive.

RIGHT SHIMMY, LEFT SHIMMY

1-2-3-4 Step right foot to the right and shimmy as you drag your left foot next to the right foot (touch-no weight)

1-2-3-4 Step left foot to the left and shimmy as you drag your right foot next to left foot (touch-no weight)

REPEAT DANCE
