

Midnight Train

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Higher Improver - smooth Cha Cha
编舞者: Pedro Machado (UK) & Ben Martin (UK) - April 2014
音乐: Midnight Train to Georgia - Garth Brooks : (Album: Blame it All on My Roots - Box Set)



Section 1: R Side, L Coaster Step, R Step Lock step, L Sweep, L Cross, R Back lock step

1 Large step right to right side
2&3 Step left slightly back, step right next to left, step forward on left foot
4&5 Step forward on right, lock left foot behind right, step forward on right
6-7 "Sweep" left foot around from back to front, cross left foot over right
8&1 Step back on right foot, cross left over right, step back on right foot

Section 2: L Side, Point R, ½ Turn R, Quick Rock to L side, Cross rock L, Recover R, L Side Cha Cha.

2-3 Step left to left side, point right to right side (Pull weight over left shoulder)
4 Turn half over right shoulder bringing right foot next to left taking weight on right
&5 Rock left foot to left side, recover weight onto right foot
6-7 Cross rock left foot over right, recover weight onto right foot
8&1 Step left foot to left side, bring right next to left, step left foot to left side

Section 3: Walk Forward R, Walk Forward L, ¼ Turn R Cha Cha, Step Full Turn Hook, Forward R Cha Cha

2-3 Walk forward Right, Walk forward left
4&5 Step right foot forward ¼ turn right, step left in place, step forward right
6-7 Step forward left, on the ball of left foot turn a full turn over right shoulder and hook right foot in front of left shin (weight remains on left with right slightly off floor)
8&1 Step right forward, step left together, step forward on right

Section 4: L Side Rock, Recover R, L Cross Rock and Side Rock, L Behind and Cross, Unwind ½ Turn, Hitch

2-3 Rock left foot out to left side, recover weight onto right
4&5& Cross rock left over right, recover weight back onto right, rock left foot to left side, recover weight back onto right (Syncopated Rocks)
6&7 Cross left behind right, step right to right side, cross left over in front of right
8& Unwind ½ turn over right shoulder, lift right knee into a small hitch (ready to start the dance again)

Enjoy the dance and Smile :)

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