

Train to Nowhere (P)

COPPERKNOB
STEPSHEETS

拍數: 32

牆數: 0

級數: Beginner Line Dance or Couples
Dance*



編舞者: Rob Everett (USA) - January 2016

音樂: Train to Nowhere (feat. Mark Knopfler & Don White) - Eric Clapton

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[*NOTE: This four-directional line dance can also be performed as a couples dance in the "Sweetheart" position,
the man on the lady's left, hands held at shoulder height in front of the lady's shoulders.]

Step-Brush, Step-Brush, Rock-Step-Step-Hold

- 1 Step left foot to the front
- 2 Brush right foot forward
- 3 Step right foot to the front
- 4 Brush left foot forward
- 5 Step and rock forward on left foot
- 6 Rock weight back to right foot
- 7 Step left foot beside right foot
- 8 Hold

Rock-Step-Step-Hold, Step-Lock-Step-Hold

- 1 Step and rock backward on right foot
- 2 Rock weight forward to left foot
- 3 Step right foot beside left foot
- 4 Hold
- 5 Step left foot forward
- 6 Step and lock right foot behind and to the left side of the left foot
- 7 Step left foot forward
- 8 Hold

Rock-Step-($\frac{1}{4}$ Turn)Step-Hold, Full Turn to the Right

- 1 Step and rock forward on right foot
- 2 Rock weight back to left foot [COUPLES: drop the left hands]
- 3 Make a $\frac{1}{4}$ turn to the right and step and turn the right foot to the right (in preparation for the full turn)

[COUPLES: for the next few steps, the man does not make the full turn; he makes only a $\frac{1}{4}$ turn to the right and raises his right hand for the lady to do a full turn under his right arm]

- 4 Hold
- 5 Continue turning and step on left foot
- 6 Hold
- 7 Continue turning to finish the full turn and step on right foot [COUPLES: resume sweetheart position]
- 8 Hold

Rock-Step-Step-Hold, Rock-Step-Step-Hold

- 1 Step and rock forward on left foot
- 2 Rock weight back to right foot
- 3 Step left foot beside right foot
- 4 Hold
- 5 Step and rock backward on right foot
- 6 Rock weight forward to left foot

- 7 Step right foot beside left foot
- 8 Hold

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