

# Over You Train

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Easy Intermediate  
編舞者: Jeannette Rosenbäck (DK) - May 2016  
音樂: Over You Train - The Rankin Twins : (Album: Good Vibes.)



Intro: 24 counts - Pattern: 64-20-64-26-64-16

Tag 1: 20 count

Tag 2: 26 count

**S1: Step turn, shuffle 1/2 turn, Coaster step, Run R L R.**

1-2            Step R forward, 1/2 turn L (6.00)  
3&4           1/2 turning L: stepping R, L, R, (12.00)  
5&6           Step L back, step R beside L, step L fwd  
7&8           Run fwd: R, L, R

Options: Replace "Step turn, Shuffle 1/2 turn" With, Rock recover, Shuffle back, count: 1-2 3&4.

**S2: Step turn, shuffle 1/2 turn, Coaster step, Run L R L.**

1-2            Step L forward, 1/2 turn R (6.00)  
3&4           1/2 turning R: stepping L, R, L (12.00)  
5&6           Step R back, step L beside R, step R fwd  
7&8           Run fwd: L, R, L

Options: Replace "Step turn, Shuffle 1/2 turn" With, Rock recover, Shuffle back, count: 1-2 3&4.

**S3: Heel Hook, Heel Flick, Toe strut, 1/2 Turn Toe strut, Coaster step, Shuffle.**

1&2&          Touch R heel fwd, Hook R cross L, touch R heel fwd, Flick R back  
3&4&          Point R toe fwd, R heel down, Point L toe fwd 1/2 turn R, L heel down (6.00)  
5&6           Step R back, L beside R, Step R forward  
7&8           Step L forward, R beside L, step L forward

**S4: Heel Hook, Heel Flick, Toe strut, 1/2 Turn Toe strut, Coaster step, Shuffle.**

1&2&          Touch R heel fwd, Hook R cross L, touch R heel fwd, Flick R back  
3&4&          Point R toe fwd, R heel down, Point L toe fwd 1/2 turn R, L heel down (12.00)  
5&6           Step R back, L beside R, Step R forward  
7&8           Step L forward, R beside L, step L forward

**S5: Long step, Touch, Shuffle & Long step, Touch, Shuffle &.**

1-2.           Step R diagonally R, Touch L beside R,  
3&4&           Shuffle L diagonally, L, R, L, Touch R beside L  
5-6           Step R diagonally R, Touch L beside R  
7&8&           Shuffle L diagonally, L, R, L, Touch R beside L

**S6: Point & Point & Toe Heel Toe, Together, Point & Point & Toe Heel Toe, Together.**

1&2&          Point R to R side, R beside L, Point L to L side, L beside R,  
3&4&          Tap R Toe, Heel, Toe, beside R (with knee In, out, In) R beside L ( Weight R)  
5&6&          Point L to L side, L beside L, Point R to R Side, R beside L  
7&8&          Tap L: Toe, Heel, Toe, beside L (with knee In, out, In) L beside R ( Weight L)

Options: Replace "Point & Point &" with, monteray 1/2 turn, count: 1&2& and count: 5&6&

**S7: L 1/4 Chassé, Behind Side Cross, Coaster 1/4 turn, Shuffle.**

1&2           1/4 turn L stepping R to R side, L beside R, step R to R side (9.00)  
3&4           Step L behind R, step R to R side, Cross L over R  
5&6           Step R to R side, 1/4 turn L stepping L beside R, step R fwd (6.00)

7&8 Step L fwd, R beside L, step L fwd

**S8: L 1/4 Chassé, Behind Side Cross, Coaster 1/4 turn, Shuffle.**

1&2 1/4 turn L stepping R to R side, L beside R, step R to R side (3.00)  
3&4 Step L behind R, step R to R side, Cross L over R  
5&6 Step R to R side, 1/4 turn L stepping L beside R, step R fwd (12.00)  
7&8 Step L fwd, R beside L, step L fwd

**Tag 1: 20 count, after wall 1**

**Step, Step, 1/4 turn, cross, vine 8 1/4 turn X 2.**

1-2-3-4 Step R fwd, step R fwd (12.00), R 1/4 turn, cross L over R (3.00)  
  
1-2-3-4 Step R to R side, L behind R, 1/4 R stepping R fwd, L fwd (6.00)  
5-6 1/2 turn R stepping R fwd (12.00), 1/4 turn R stepping L to L side,  
7-8 R behind L (3.00), 1/4 turn L stepping L fwd (12.00)  
  
1-2-3-4 1/4 L stepping R to R side (9.00), L behind R, 1/4 turn R stepping R fwd (12.00), step L fwd,  
5-6 1/2 turn R stepping R fwd (12.00), 1/4 R stepping L to L side (9.00),  
7-8 R behind L, 1/4 turn L stepping L fwd (6.00)

**Tag 2: 26 count, after wall 2**

**Step, Step, 1/4 turn, cross, vine 8 1/4 turn X 2, Fwd Mambo, Back Mambo, Step fwd R, L.**

1-2-3-4 Step R fwd, step R fwd (6.00), R 1/4 turn, cross L over R (9.00)  
  
1-2-3-4 Step R to R side, L behind R, 1/4 R stepping R fwd, L fwd (12.00)  
5-6 1/2 turn R stepping R fwd (6.00), 1/4 turn R stepping L to L side,  
7-8 R behind L (9.00), 1/4 turn L stepping L fwd (6.00)  
  
1-2-3-4 1/4 L stepping R to R side (3.00), L behind R, 1/4 turn R stepping R fwd (6.00), step L fwd,  
5-6 1/2 turn R stepping R fwd (12.00), 1/4 R stepping L to L side (3.00),  
7-8 R behind L, 1/4 turn L stepping L fwd (12.00)  
  
1&2 Rock R fwd, recover L, R beside L  
3&4 Rock L back, recover R, L beside R  
5-6 Step R fwd, step L fwd (12.00)

**Dance and have fun**

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