

Runaway Trains (P)

COPPERKNOB
STEPPERS

拍數: 40 牆數: 0 級數: Improver partner / circle
編舞者: Aric Lemieux (USA) & Sheryl Lemieux - June 2018
音樂: Runaway Train - Cam



Couples Start in Side-By-Side Position (Footwork the same except where noted)

Intro 16 Counts from banjo & guitar picking. No Tags/Restarts

This dance is a 40 count description in which the partners switch sides and dance the opposite role.

Right Forward Rock, Recover to Left, Right Coaster Step, Left Forward Rock, Recover to Right, Left Coaster Step

1, 2 Rock forward on right, recover back on left
3&4 Right step back, left step together, right step forward
5, 6 Rock forward on left, recover back on right
7&8 Left step back, right step together, left step forward

Forward Right Lock Step, Left Scuff, Forward Left Lock Step, Right Scuff

1, 2, 3 Right step forward, step left behind right, right step forward
4 Scuff left heel
5, 6, 7 Left step forward, step right behind left, left step forward
8 Scuff right heel

Four Forward Shuffles (Right, Left, Right, Left)

1&2 Right step forward, left step together, right step forward
3&4 Left step forward, right step together, left step forward
5&6 Right step forward, left step together, right step forward
7&8 Left step forward, right step together, left step forward

*2 Right Jazz Boxes

1, 2 Right cross over left, left step back
3, 4 Right step out, left step forward
5, 6 Right cross over left, left step back
7, 8 Right step out, left step forward

Drop Hands

Inside Dancer: Left ¼ Turn, Left ¼ Turn, Left ¼ Turn, Left ¼ Turn

1 Turn ¼ left to ILOD stepping out on right foot
2 Turn ¼ left to RLOD stepping out on left foot
3 Turn ¼ left to OLOD stepping out on right foot
4 Turn ¼ left to LOD stepping forward on left foot

Outside Dancer: Right Step Back, Left ¼ Turn, Left ½ Turn, Left ¼ Turn

1 Right step back
2 Turn ¼ left to ILOD stepping forward on left foot
3 Turn ½ left to OLOD stepping back on right foot
4 Turn ¼ left to LOD stepping left foot beside right

(*Note that the former inside dancer is now the outside dancer & vice-versa.)

Pick Up Hands to Resume Side-By-Side Position

Rocking Chair

5, 6 Rock forward on right foot, recover back to left
7, 8 Rock back on right foot, recover forward to left

Repeat

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script or risk being hit by the Train.

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