

Train Swing

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Niels Poulsen (DK) - July 2019
音樂: Lover Please - Billy Swan : (Album: Greatest Hits - iTunes etc)



Intro: 16 counts from beginning of track. App. 7 secs. into track. Start with weight on L foot
OBS!!! NO TAGS – NO RESTARTS!

[1 – 8] R side rock, R cross shuffle, box ½ R, L chassé

1 – 2 Rock R to R side (1), recover onto L (2) 12:00
3&4 Cross R over L (3), step L to L side (&), cross R over L (4) 12:00
5 – 6 Turn ¼ R stepping back on L (5), turn ¼ R stepping FORWARD on R (6) 6:00
7&8 Step L to L side (7), step R next to L (&), step L to L side (8) 6:00

[9 – 16] R back rock, R kick ball cross X 2, R side rock ¼ L

1 – 2 Rock back on R (1), recover onto L (2) 6:00
3&4 Kick R fwd (3), step R next to L (&), cross L slightly over R (4) 6:00
5&6 Kick R fwd (5), step R next to L (&), cross L slightly over R (6) 6:00
7 – 8 Rock R to R side (7), turn ¼ L when recovering onto L (8) 3:00

[17 – 24] Cross point, cross point, R jazz box, cross

1 – 4 Cross R over L (1) point L to L side (2), cross L over R (3), point R to R side (4) 3:00
5 – 8 Cross R over L (5), step back on L (6), step R to R side (7), cross L over R (8) 3:00

[25 – 32] R step diagonal, together, heel bounces X 2, repeat to L diagonal

1 – 2 Step R into R diagonal (body stays facing 3:00) (1), step L next to R (2) ...
Fun styling: swing both hands backwards brushing hips (1), swing both hands forwards brushing hips (2) 3:00
&3&4 Lift both heels off the floor (&), push heels into floor and clap hands (3), repeat heel bounces
and clap hands (&4) 3:00
5 – 6 Step L into L diagonal (body stays facing 3:00) (5), step R next to L (6) ...
Fun styling: swing both hands backwards brushing hips (5), swing both hands forwards brushing hips (6) 3:00
&7&8 Lift both heels off the floor (&), push heels into floor and clap hands (7), repeat heel bounces
and clap hands (&8) 3:00

Start Again!

Ending When doing wall 12 you automatically finish counts 25 - 32 facing 12:00 12:00