

# Trainyard Blues

**COPPER KNOB**  
BY STEPHEN

拍數: 48      牆數: 4      級數: High Beginner  
編舞者: Jan Brookfield (UK) - March 2020  
音樂: Trainyard Blues - Larry Alderman



Start after 16 counts

## Section 1 : HIP BUMPS RIGHT, LEFT, RIGHT, LEFT; REVERSE ROCKING CHAIR

1,2,3,4      Step R to right side bumping hips right, transfer weight onto L bumping hips left, transfer weight onto R bumping hips right, transfer weight onto L bumping hips left  
5,6,7,8      Rock R back, recover forward onto L, rock R forward, recover back onto L

## Section 2 : BACK SHUFFLE, ROCK BACK, RECOVER; FORWARD SHUFFLE, ¼ PIVOT TURN

1&2,3,4      Shuffle back on R,L,R, rock L back, recover onto R  
5&6,7,8      Shuffle forward on L,R,L, step R forward, pivot quarter turn left (weight on L facing 9 o'clock)

## Section 3 : CROSS ROCK, RECOVER, CHASSE RIGHT; CROSS ROCK, CHASSE LEFT

1,2,3&4      Rock R across in front of L, recover onto L; chasse right on R,L,R  
5,6,7&8      Rock L across in front of R, recover onto R; chasse left on L,R,L

## Section 4 : SIDE, TOUCH, SIDE, TOUCH; ROCK BACK, RECOVER, ½ TURN SHUFFLE LEFT

1,2,3,4      Step R to right side, touch L next to R; step L to left side, touch R next to L  
5,6,7&8      Rock R back, recover onto L; shuffle half turn over left shoulder on R,L,R ( 3 o'clock)

## Section 5 : ROCK BACK, RECOVER, SHUFFLE FORWARD; "V" STEP

1,2,3&4      Rock L back, recover onto R; shuffle forward on L,R,L  
5,6,7,8      Step R forward angled right, step L forward angled left; step R back in place, step L back in place

## Section 6 : CHASSE RIGHT, ROCK BACK, RECOVER; CHASSE LEFT, ROCK BACK, RECOVER

1&2,3,4      Chasse to right on R,L,R; rock L back, recover onto R  
5&6,7,8      Chasse to left on L,R,L; rock R back, recover onto L

**START AGAIN**