

Without Love - Long Train

COPPERKNOB
BY SHEETS

拍數: 48 牆數: 4 級數: Beginner
編舞者: Pauline Jones (USA) - July 2021
音樂: Long Train Runnin' - The Doobie Brothers : (2006 Remastered - 3:27 Version)



Intro: 32 1 Easy Tag - Wall 7 at 6:00

[1 - 8] CHARLESTON-KICKS X 2

1 - 2 Step right forward, Kick left forward
3 - 4 Step left back, Touch right back
5 - 6 Step right forward, Kick left forward
7 - 8 Step left back, Touch right back

[9 -16] ROCK R FWD, RECOVER, R SHUFFLE W/ 1/2 TURN RIGHT, L SHUFFLE W/ 1/2 TURN RIGHT, ROCK R BACK, RECOVER

1 - 2 Rock right forward, Recover on left
3 & 4 Step right, left, right turning 1/2 right (6:00)
5 & 6 Step left, right, left turning 1/2 right (12:00)
7 - 8 Rock right back, Recover on left

[17-24] ROCK R FWD, RECOVER, R COASTER, ROCK L FWD, RECOVER, L COASTER

1 - 2 Rock right forward, Recover on left
3 & 4 Step right back, Step left back, Step right forward
5 - 6 Rock left forward, Recover on right
7 & 8 Step left back, Step right back, Step left forward

[25-32] SIDE-ROCK R, RECOVER, R SHUFFLE, L CROSS-ROCK, RECOVER, L SHUFFLE WITH 1/4 TURN LEFT

1 - 2 Rock right to side, Recover on left
3 & 4 Step right next to left, Step left in place, Step right in place
5 - 6 Cross-Rock left over right, Recover on right
7 & 8 Step left with 1/4 turn left (9:00), Step right in place, Step left in place

[33-40] 4 TOE STRUTS WITH 1/2 TURN RIGHT

1 - 2 Step right toe with 1/8 turn right, Drop right heel
3 - 4 Step left toe with 1/8 turn right, Drop left heel
5 - 6 Step right toe with 1/8 turn right, Drop right heel
7 - 8 Step left toe with 1/8 turn right, Drop left heel (3:00)

[41-48] R TOE-POINTS x 2, L TOE-POINTS x 2

1 - 4 Point right toe out, Touch right next to left, Point right toe out, Step on right
5 - 8 Point left toe out, Touch left next to right, Point left toe out, Step on left

Start Over:

TAG: Wall 7 at 6:00 - After completing the left toe-points, there will be a pause in the music. During this pause do 4 Right Heel Taps in place then Start Over