

# Isolation Train

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Improver  
編舞者: Stacie White (UK) & Paul James (UK) - February 2022  
音樂: C'mon N' Ride It (The Train) (Radio Edit) - Quad City DJ's



Count In – 16 Counts from the first main beat.

## [1-8] Heel Switches x2, Pivot ½ Turn. Chugs x4.

1&2      Tap R heel forward (1) Step RF next to LF (&) Tap L heel forward (2)  
&3,4      Step LF next to RF (&) Step RF forward (3) Make ½ turn over L shoulder (4)

### \*Weight ending on LF\*

5,6      Tiny step RF forward as you 'Pop' your L knee (5) Tiny step LF forward as you 'Pop' your R knee (6)  
7,8      Repeat counts 5,6 (7,8)

## [9-16] Heel Switches x2, Pivot ½ Turn. Chugs x4.

1&2      Tap R heel forward (1) Step RF next to LF (&) Tap L heel forward (2)  
&3,4      Step LF next to RF (&) Step RF forward (3) Make ½ turn over L shoulder (4) \*Weight ending on LF\*  
5,6      Tiny step RF forward as you 'Pop' your L knee (5) Tiny step LF forward as you 'Pop' your R knee (6)  
7,8      Repeat counts 5,6 (7,8)

## [17-24] Step Side Hitch x2, Step Back Bounce x2.

1,2      Step RF to right (1) Hitch L Knee (2)  
2,3      Step LF to L (3) Hitch R Knee (4)  
5,6      Step RF back on a diagonal, slight turn in body & bouncing x2 (5,6)  
7,8      Step LF back on a diagonal, slight turn in body & bouncing x2 (7,8)

## [25-32] Vine Right, ½ Monterey Turn.

1,2      Step RF to right (1) Cross LF behind RF (2)  
3,4      Step RF to right (3) Touch L toe next to RF (4)  
5,6      Point L toe to left (5) Make ½ turn over L shoulder, closing feet (6)  
7,8      Point R toe to right (7) Touch RF to LF.

Demo & Walk Through Video Will Be Available On YouTube Account – cudgefudge  
We Hope You Enjoy & Happy Dancing