

# Long Black Train

**COPPER KNOB**  
STEPSHETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Helen Born (USA) & Nita Lindley (USA)  
音樂: Long Black Train - Josh Turner



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## SAILOR STEP LEFT, SAILOR STEP RIGHT, SHUFFLE BACK, ROCK STEP

1&2-3&4      Left sailor step, right sailor step  
5&6-7-8      Shuffle back left right left, rock back right forward left

## SHUFFLE FORWARD, SIDE STEPS

1&2-3-4      Shuffle forward, right left right, side step left, touch right next to left  
5-6-7-8      Side step right, step left next to right, side step left, touch right next to left

## HEELS, HEELS AND STEP TURNS LEFT (2X)

1&2&3-4      Touch right heel forward, switch & touch left heel forward, switch & step right foot slightly forward turn  $\frac{1}{4}$  left, on balls of both feet  
5&6&7-8      Repeat 1-4

## RIGHT VINE WITH CROSS, ROCK STEP, $\frac{1}{4}$ TURN LEFT, STEP LEFT, RIGHT

1-2&3-4      Step right, left behind right, step right, cross left over right, rock right  
5-8      Step left, right behind left, turn  $\frac{1}{4}$  left, step left, step right

**REPEAT**

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