

# Long Train Running

**COPPER** **KNOB**  
BY STEPHENETS

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Doug Miranda (USA) & Jackie Miranda (USA)  
音樂: Long Train Running - Bananarama



## DIAGONAL STEPS FORWARD RIGHT AND LEFT, TOE TOUCH, STEP; DIAGONAL STEPS FORWARD LEFT, RIGHT, TOE TOUCH, STEP

- 1-4            Step right forward at an angle (diagonally), step left diagonally, touch right toe diagonally to right, bring weight down on right  
5-8            Step left forward at an angle (diagonally), step right diagonally, touch left toe diagonally to left, bring weight down on left

## ¼ TURN LEFT, RECOVER ¼ TURN RIGHT, ½ TURN RIGHT, SHUFFLE, ½ TURN RIGHT, SHUFFLE BACK, ROCK RECOVER

- 1-2            Turn ¼ left as you step right to right side, recover back on left as you turn ¼ right  
3&4            Turn ½ turn right and shuffle right, left, right  
5&6            Make a ½ turn right as you shuffle back left, right, left  
7-8            Rock back on right, recover forward on left

## FULL TURN LEFT, STEP LOCK FORWARD, FULL TURN RIGHT, STEP LOCK FORWARD

- 1-2            Turn full turn left traveling forward by stepping back on right as you turn ½ left, turn ½ left stepping left forward  
3&4            Step lock forward right, left, right  
5-6            Turn full turn right traveling forward by stepping back on left as you turn ½ right, turn ½ right stepping right forward  
7&8            Step lock forward left, right, left

## ¼ TURN LEFT PADDLE TURN TWICE, CROSS SHUFFLES, ¼ TURN RIGHT PADDLE TURN TWICE, CROSS SHUFFLES

- 1&2            Turn ¼ left on ball of left as you point right to right side, slightly hitch right and turn ¼ left on ball of right as you point right to right  
3&4            Cross right over left, step left to left side, cross right over left  
5&6            Turn ¼ right on ball of right as you point left to left side, slightly hitch left and turn ¼ right on ball of left as you point left to left  
7&8            Cross left over right, step right to right side, cross left over right

## SYNCOPATED SIDE POINTS, ¼ TURN RIGHT, KICK STEP POINT, ½ TURN LEFT MONTEREY, POINT

- 1&2            Point right to right side, step right next to left, point left to left side  
&3-4            Step left next to right, point right to right side, turn ¼ right as you lean back on left (weight ends on left)  
5&6            Kick right forward, step down on right next to left, point left to left side  
7-8            Turn ½ left on ball of right and step down on left (weight on left), point right to right side

## SIDE STEP LEFT, HEEL BOUNCES X 3 TURNING ¼ TURN RIGHT, HEEL JACK WITH ¼ TURN RIGHT, HEEL JACK TOUCH

- &1            Step right next to left, step left to left side (weight on left)  
2-4            As you bounce on heels of both feet, bounce three times to complete a ¼ turn right, weight ending back on left  
&5&6            Step back on right, touch left heel forward, step down on left, turn ¼ right on ball of left and touch right next to left  
&7&8            Step back on right, touch left heel forward, step down on left, touch right next to left

**REPEAT**

## ENDING

To end the dance to the front wall, do the following: you will know the music is ending when you hear the music start to fade. You will be at the back wall. Dance set 1 and counts 1-6 of set 2. To face the front, you will continue to turn  $\frac{1}{2}$  right and stomp forward on right and hold

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