

Marathon Ride

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner polka
編舞者: Arto Liekola (FIN)
音樂: Long Hard Ride - The Marshall Tucker Band



2 X HEELS, SCUFF, SHUFFLE, TURN

1&2& Touch left heel forward, step left beside right, touch right heel forward, step right beside left
3-4 Step left forward, scuff right forward
5&6 Shuffle forward right, left, right
7-8 Step left forward, turn ½ right
9-16 Repeat steps 1-8

SHUFFLE, SHUFFLE, TURN, SHUFFLE, SHUFFLE

17&18 Shuffle forward left, right, left
19&20 Shuffle forward right, left, right
21&22 Turn ¼ left shuffle forward left, right, left
23&24 Shuffle forward right, left, right

ROCK STEP, ½ TURNING SHUFFLE, ROCK STEP, COASTER STEP

25-26 Rock forward left, recover weight back to right
27&28 Shuffle left, right left turning ½ left
29-30 Rock forward right, recover weight back to left
31&32 Step right back, step left beside right, step right forward

REPEAT