

One Way Track

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Frances Beasley & Terry Pournelle (USA)
音樂: Hard To Stop A Train - Eddie Bush



RIGHT STEP, SLIDE, STEP, TOUCH, LEFT STEP, SLIDE, STEP, TOUCH

Optional arms-make a fist with both hands, bend your arms at the elbow, roll arms in a circle like the wheels on the train

- 1-2 Angle body to right diagonal, step right to right side, slide left (taking weight) beside right
- 3-4 Angle body to right diagonal, step right to right side, touch left beside right
- 5-6 Angle body to left diagonal, step left to left side, slide right (taking weight) beside left
- 7-8 Angle body to left diagonal, step left to left side, touch right beside left

RIGHT ROLLING VINE, LEFT ROLLING VINE

- 1-4 Step right $\frac{1}{4}$ turn, step left back $\frac{1}{2}$ turn, step right $\frac{1}{4}$ turn, touch left beside right
- 5-8 Step left $\frac{1}{4}$ turn, step right back $\frac{1}{2}$ turn, step left $\frac{1}{4}$ turn, touch right next to left

RIGHT KICK CROSS POINT, LEFT KICK CROSS POINT, RIGHT SAILOR, LEFT SAILOR

- 1&2 Kick right forward, cross right over left, point left toe to left side
- 3&4 Kick left forward, cross left over right, point right toe to right side
- 5&6 Cross right behind left, step left to left, step right to right
- 7&8 Cross left behind right, step right to right, step left to left

TWO LEFT $\frac{1}{4}$ TURN HIP ROLLS, TOE SWITCHES

- 1-2 Step right and roll hips to the left turning $\frac{1}{4}$ left
- 3-4 Step right and roll hips to the left turning $\frac{1}{4}$ left (6:00)
- 5&6& Point right toe to right side, step right in place, point left toe to left side, step left in place
- 7-8 Point right toe to right side, hold

TOE SWITCHES, LEFT SAILOR, RIGHT SAILOR

- &1&2 Step right in place, point left toe to left side, step left in place, point right toe to right side
- &3-4 Step right in place, point left toe to left side, hold
- 5&6 Cross left behind right, step right to right, step left to left
- 7&8 Cross right behind left, step left to left, step right to right

TOE HEEL STRUT, HEEL TOE STRUT, $\frac{1}{4}$ TURN JAZZ BOX

- 1-2 Touch left toe back, turning $\frac{1}{2}$ turn left place heel down
- 3-4 Touch right heel forward, place toe down (12:00)
- 5-6 Cross left over right, step back on right
- 7-8 Turn $\frac{1}{4}$ turn left, touch right toe beside left (9:00)

DIAGONAL STEP TOUCHES FORWARD AND BACK

- 1-2 Step right to right front diagonal, touch left beside right
- 3-4 Step left to left back diagonal, touch right beside left
- 5-6 Step right to right back diagonal, touch left beside right
- 7-8 Step left to left front diagonal, touch right beside left

TWO RIGHT $\frac{1}{4}$ MONTEREY TURNS

- 1-2 Point right to right side, turning $\frac{1}{4}$ right step on right
- 3-4 Point left to left side, step left next to right
- 5-6 Point right to right side, turning $\frac{1}{4}$ right step on right
- 7-8 Point left to left, step left next to right (3:00)

REPEAT

TAG

At the end of the second wall (6:00), when using "Hard To Stop A Train" dance the first 8 counts twice
