

# Take Da Train

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Nancy Morgan (USA)  
音樂: C'mon N' Ride It (The Train) - Quad City DJ's



Long intro. Start when the man starts singing, if you start before that, you will be out of phrase.

## WALK, WALK, HEEL AND HEEL AND STEP, PIVOT ½ TURN, BOUNCE TWICE

1-2            Walk forward - right, left  
3&4&        Put right heel forward, put right next to left as you put left heel forward, put left next to right  
5-6            Put right foot forward, pivot ½ turn to your left (keep weight on right)  
7-8            Bounce up and down 2 times (put your thumb out like you are hitching a ride)

## KICK-BALL-STEP FORWARD, KICK-BALL-STEP FORWARD, SWIVEL TWICE ¼ RIGHT, KICK-BACK-TOGETHER

1&2            Kick right foot forward, put right foot next to left, step forward on left  
3&4            Kick right foot forward, put right foot next to left, step forward on left  
5&6            Swivel on balls of both feet two times as you turn ¼ to your right (keep weight on left)  
7&8            Kick right foot forward, put right foot next to left, step left next to right (weight is even)

## HOP TO RIGHT TWICE, HOP TO LEFT TWICE

&1-2            Hop to right side - step right, touch left, hold  
&3-4            Hop to right side - step right, touch left, hold  
&5-6            Hop to left side - step left, touch right, hold  
&7-8            Hop to left side - step left, touch right, hold

## STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, HOLD, STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, HOLD

&1            Step right foot forward towards 1:00, touch left next to right  
&2            Step left foot forward towards 11:00, touch right next to left  
&3-4        Step right foot forward towards 1:00, touch left next to right, hold  
&5            Step left foot forward towards 11:00, touch right next to left  
&6            Step right foot forward towards 1:00, touch left next to right  
&7-8        Step left foot forward towards 11:00, touch right next to left, hold

## REPEAT

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