

Gone Like A Freight Train

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Intermediate west coast swing
編舞者: Sylvia Schell (USA)
音樂: Gone - Montgomery Gentry



CROSS, RECOVER, CHASSE LEFT, ROCK BACK, RECOVER, STEP RIGHT, LEFT

1-2 Cross left over right, recover right
3&4 Shuffle side left (left, right, left)
5-6 Rock back (5th position) with right, recover left
7-8 Step right with right, step together with left

ROCK BACK, RECOVER, CHASSE RIGHT, CROSS, RECOVER, STEP LEFT, RIGHT

1-2 Rock back (5th position) with right, recover left
3&4 Shuffle side right (right, left, right)
5-6 Cross rock left over right, recover right
7-8 Step left to left side, step together with right (angle toward left diagonal)

SHUFFLE LEFT, SHUFFLE RIGHT, CROSS, BACK AND CROSS, SIDE

1&2 Towards left diagonal shuffle left, right, left
3&4 Toward right diagonal shuffle right, left, right
5-6 Cross left over right, step back on right
&7-8 Step left beside right, cross right over left, step left to left

RIGHT SAILOR, ¼ TURN LEFT SAILOR, AND STEP, KICK, AND BACK, KICK

1&2 Cross right foot behind left foot, step left foot to left, step right foot in place
3&4 Turning ¼ turn left cross left foot behind right, step right foot to right, step left foot in place
&5-6 Step ball of right beside left, step forward on left, low kick forward with right
&7-8 Step back on right ball, step left beside right, low kick forward with right

TOUCH, ¼ TURN, LEFT COASTER, TOUCH, ¼ TURN, CROSS, CROSS

1-2 Touch right toe to right, turning ¼ turn right on left step right beside left
3&4 Step back on left, together with right, step forward on left
5-6 Touch right toe to right, turning ¼ turn right on left step right beside left
7-8 Cross step left over right, cross step right over left

CROSS, RECOVER, LEFT COASTER, CROSS, RECOVER, STEP, TOUCH

1-2 Cross rock left over right, recover right
3&4 Step back on left, step together with right, step forward on left
5-6 Cross rock right over left, recover left
7-8 Step back on right, touch left beside right

REPEAT