

Train #10

COPPER KNOB
STEPPERS

拍數: 40 牆數: 4 級數: Improver
編舞者: Angela Rushing (USA) - November 2007
音樂: Train #10 - Tim McGraw : (CD: Let It Go)



Dance starts: 33 count intro (start on the words "I'm gonna")

SIDE ROCKS, KICK

1-2 Rock right foot on the right, rock left foot on the left
3-4 Rock right foot on the right,, kick left foot on the left
5-6 Rock left foot to the left, rock right foot on the right
7-8 Rock left foot on the left, kick right foot on the right

FWD SHUFFLE (R-L), BACK SHUFFLE

1-2 Shuffle forward- right, left, right
3-4 Shuffle forward- left, right, left
5-6 Shuffle backward- right, left, right
7-8 Shuffle backward- left, right, left

R-CROSS ROCK, CHASSE RIGHT, LEFT CROSS ROCK, CHASSE LEFT

1-2 Cross rock right over left, recover onto left
3-4 Step right to right side, close left beside right, step right to right side
5-6 Cross rock left over right, recover onto right
7-8 Step left to left side, close right beside left, step left to left side

WALK FWD 3X, POINT, POINT, CROSS, SAILOR STEP, MAKING ¼ TURN

1-4 Walk forward- right, left, right, bending both knees slightly, point left to left side
5-6 Point left toe to left side, cross left behind right
7-8 Step right foot back behind right foot, step left foot to left side, making ¼ turn to the right

BOUNCE (L-R), KICK BALL CHANGE

1-2 Bounce left foot twice (up and down)
3-4 Bounce right foot twice (up and down)
5-6 Kick left foot forward, step left ball of foot beside right foot, while slightly lifting right foot off the floor, step right foot down in place beside left foot
7-8 Repeat 5&6

Repeat counts 1-40 enjoy dancing and have fun!