

# Night Train Shuffle

**COPPER KNOB**  
STEPPERS

拍數: 72      牆數: 1      級數: Intermediate  
編舞者: Richard Campbell (USA) - September 2012  
音樂: Night Train - James Brown : (CD: 20 All Time Greatest Hits)



Practice music: Feelin' Good Train by Sammy Kersaw (120 bpm-start 48 beats in)

Start dancing 16 beats in on the words "Miami Florida"

## ROCK FORWARD AND BACK, TRIPLE STEP IN PLACE, REPEAT 4 TIMES

- 1-2      Rock forward on right foot, rock back on left foot
- 3&4      Step right foot in place, step left foot in place, step right foot in place
- 1-2      Rock forward on left foot, rock back on right foot
- 3&4      Step left foot in place, step right foot in place, step left foot in place

Repeat above 8 counts

## SLIDE TO THE RIGHT AND STOMP

- 1      Take a big step to the right
- 2-3      Slide the left foot up to the right foot
- 4      Stomp left foot next to right foot and place weight on it (left foot)

## (LEFT) AND HEEL AND STEP, (RIGHT) AND HEEL AND STEP

- &1      Turning a slight angle to the left, quickly step back on the right foot and place the left heel forward
- &2      Quickly bring the left foot next to the right foot and place (step) weight on the right foot
- &3      Turning a slight angle to the right, quickly step back on the left foot and place the right heel forward
- &4      Quickly bring the right foot next to the left foot and place (step) weight on the left foot

## ROCK ROCK, CROSS AND CROSS

- 1-2      Rock to the right side, recover rock to the left side
- 3&4      Cross right over left, placing weight on right foot, quickly step left to left, cross right over left

## POINT AND POINT, AND HEEL AND TOE

- 1&2      Point left toe to the left, quickly step left next to right and point right toe to right
- &3&4      Quickly bring right foot next to left, and place left heel forward, quickly step left next to right, and touch right toe

## RIGHT SHIMMY, LEFT SHIMMY

- 1-2-3-4      Step right foot to the right and shimmy (shoulders or booty) as you drag left foot next to right (touch -no weight)
- 1-2-3-4      Step left foot to the left and shimmy as you drag right foot next to left (touch -no weight)

## POINT FWD, POINT BK, POINT FWD, POINT BK, RIGHT VINE

- 1-2-3-4      Point right toe forward, point right toe back, point right toe forward, point right toe back
- 1-2-3-4      (Vine right) step right to right, step left behind, step right to right, touch left next to right

## POINT FWD, POINT BK, POINT FWD, POINT BK, LEFT VINE WITH BRUSH ½ TURN LEFT

- 1-2-3-4      Point left toe forward, point left toe back, point left toe forward, point left toe back
- 1-2-3-4      Step left to left, step right behind, begin ½ turn left stepping on left foot, brush right foot finishing turn(no weight)

## ROCK FORWARD, BACK, BACK, FORWARD

1-2-3-4      Step forward on right foot, step back on left foot (in place), step back on right foot, step forward on left (in place)

### **TWO RIGHT KICK-BALL CHANGES**

1&2      Kick right foot forward, step down on ball of right foot, change weight to left foot

3&4      Repeat above

### **CHOO CHOO SWAY STEPS (total of a half turn left)**

1-2      Step right forward as you push your hip to the right and make a 1/8 (small) turn to the left, change weight to left

3-4      Repeat

5-6      Repeat

7-8      Repeat

**During this move with your fore arms parallel to the ground, pump your fists forward and back like a steam locomotive.**

### **RIGHT SHIMMY, LEFT SHIMMY**

1-2-3-4      Step right foot to the right and shimmy as you drag your left foot next to the right foot (touch-no weight)

1-2-3-4      Step left foot to the left and shimmy as you drag your right foot next to left foot (touch-no weight)

### **REPEAT DANCE**

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