

Marathon Ride

COPPERKNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner polka

Choreographer: Arto Liekola (FIN)

Music: Long Hard Ride - The Marshall Tucker Band



2 X HEELS, SCUFF, SHUFFLE, TURN

- 1&2& Touch left heel forward, step left beside right, touch right heel forward, step right beside left
3-4 Step left forward, scuff right forward
5&6 Shuffle forward right, left, right
7-8 Step left forward, turn ½ right
9-16 Repeat steps 1-8

SHUFFLE, SHUFFLE, TURN, SHUFFLE, SHUFFLE

- 17&18 Shuffle forward left, right, left
19&20 Shuffle forward right, left, right
21&22 Turn ¼ left shuffle forward left, right, left
23&24 Shuffle forward right, left, right

ROCK STEP, ½ TURNING SHUFFLE, ROCK STEP, COASTER STEP

- 25-26 Rock forward left, recover weight back to right
27&28 Shuffle left, right left turning ½ left
29-30 Rock forward right, recover weight back to left
31&32 Step right back, step left beside right, step right forward

REPEAT