

# The Train to Lhasa (坐上火車去拉薩)

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Betty Dance (HK) - August 2021  
音樂: The Train to Lhasa (坐上火車去拉薩) - Xu Qian Ya (徐千雅)



Intro : 32 counts

## Section 1 - (HEEL, POINT, POINT, STEP) x2

1-2-3-4      Heel R in front of L, point R to R side, point R in front of L, step R to R side  
5-6-7-8      Heel L in front of R, point L to L side, point L in front of R, step L to L side

## Section 2 - (POINT, HEEL, POINT, STEP) x2

1-2-3-4      Point R behind L, heel R to R side, point R behind L, step R to R side  
5-6-7-8      Point L behind R, heel L to L side, point L behind R, step L to L side

## Section 3 - (HEEL, STEP) X 4

1-2-3-4      Heel R in front of L, step R to R side, heel L in front of R, step L to L side  
5-6-7-8      Heel R in front of L, step R to R side, heel L in front of R, step L to L side

## Section 4 - SIDE, RECOVER, CROSS, HOLD, SIDE, RECOVER WITH ¼ R TURN, HOLD

1-2-3-4      Step side R, recover L, step cross R in front of L, hold  
5-6-7-8      Step side L, recover R with ¼ R turn (3:00) , step cross L in front of R, hold

REPEAT AT 3:00

TAG 1 : step 4 counts at 6:00 at end of 2nd wall

TAG 2 : step 4 counts and repeat Section 1 & 2 at 12:00 at end of 4th wall

TAG 3 : step 4 counts at 6:00 at end of 6th wall

Hand and foot movements are include to enhance body coordination and mental wellness. Please watch my dance demo cum tutorial video for hand styling and practice!

Let's be happy & dance in the sun!

Enjoy Dancing with Betty!