

# Take Da Train

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Nancy Morgan (USA)  
音樂: C'mon N' Ride It (The Train) - Quad City DJ's



Long intro. Start when the man starts singing, if you start before that, you will be out of phrase.

## WALK, WALK, HEEL AND HEEL AND STEP, PIVOT ½ TURN, BOUNCE TWICE

- 1-2      Walk forward - right, left
- 3&4&      Put right heel forward, put right next to left as you put left heel forward, put left next to right
- 5-6      Put right foot forward, pivot ½ turn to your left (keep weight on right)
- 7-8      Bounce up and down 2 times (put your thumb out like you are hitching a ride)

## KICK-BALL-STEP FORWARD, KICK-BALL-STEP FORWARD, SWIVEL TWICE ¼ RIGHT, KICK-BACK-TOGETHER

- 1&2      Kick right foot forward, put right foot next to left, step forward on left
- 3&4      Kick right foot forward, put right foot next to left, step forward on left
- 5&6      Swivel on balls of both feet two times as you turn ¼ to your right (keep weight on left)
- 7&8      Kick right foot forward, put right foot next to left, step left next to right (weight is even)

## HOP TO RIGHT TWICE, HOP TO LEFT TWICE

- &1-2      Hop to right side - step right, touch left, hold
- &3-4      Hop to right side - step right, touch left, hold
- &5-6      Hop to left side - step left, touch right, hold
- &7-8      Hop to left side - step left, touch right, hold

## STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, HOLD, STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, HOLD

- &1      Step right foot forward towards 1:00, touch left next to right
- &2      Step left foot forward towards 11:00, touch right next to left
- &3-4      Step right foot forward towards 1:00, touch left next to right, hold
- &5      Step left foot forward towards 11:00, touch right next to left
- &6      Step right foot forward towards 1:00, touch left next to right
- &7-8      Step left foot forward towards 11:00, touch right next to left, hold

## REPEAT

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