

Freight Train

COPPER **KNOB**
BY SHEETS

拍數: 54 牆數: 4 級數: Phrased Intermediate
編舞者: Danièle Percher-Ribeau (FR) - August 2010
音樂: Freight Train - Alan Jackson



To « cling » with music, the choreography has 4 parts and 1 tag.

A – B – CCC – D - A - B – CCC – D – TAG - A – B – CCC – D - TAG X2 - CCC – D – repeat the TAG until the end.

PART A

SHUFFLE FORWARD-1/2 TURN RIGHT-SHUFFLE BACKWARD-COASTER STEP-HELL GRIND LEFT WITH 1/4 TURN LEFT

1&2 Shuffle forward Right Left Right
3&4 Shuffle back LRL with 1/2 turn Right
5&6 Coaster step R : Right foot back, left foot side right foot, right foot forward
7-8 Heel grind L : Left heel forward, toes on right, turn toes to left with 1/4 turn left

COASTER STEP-SHUFFLE FORWARD-1/2 TURN RIGHT-SHUFFLE BACKWARD-COASTER STEP

9&10 Coaster step L : Left foot back, right foot side left foot, left foot forward
11&12 Shuffle forward RLR
13&14 Shuffle back LRL with 1/4 turn right
15-16 Coaster step Right : right foot back, left foot side right foot, right foot forward

HEEL GRIND LEFT WITH 1/4 TURN LEFT-COASTER STEP LEFT-HEEL SWITCHES-STEP-1/4 TURN LEFT

17-18 Heel grind L : left heel forward, toes on right, turn toes to left with 1/4 turn left
19&20 Coaster step L : left foot back, right foot side left foot, left foot forward
21&22& Right heel forward (21), right heel side left heel (&), Left heel forward (22), left heel side right heel (&)
23-24 Right foot forward, 1/4 turn left

PART B

CROSS STEP 1/2 TURN LEFT-SAILOR STEPS RIGHT AND LEFT-STEP SLIDE

25-26 Cross right foot on left foot, 1/2 turn left
27&28 Sailor step R : cross right foot behind left foot, step left foot on left, right foot in place
29&30 Sailor step L : cross left foot behind right foot, step right foot on right, left foot in place
31-32 1 step right foot forward, slide left foot side right foot

PART C

CLAP-HEELS AND TOES SWIVELS-SAILOR STEP

33-34 Clap – clap
35-36 Swivels on Right heel and Left toe : right toe on right and left heel on left, in place
37-38 Swivels on Left heel and Right toe : left toe on left and right heel on right, in place
39&40 Sailor step R: cross right foot behind left foot, step left foot on left, right foot in place

SAILOR STEP-KICK BALL STEPS-CROSS STEP-1/2 TURN LEFT

41&42 sailor step L : cross left foot behind right foot, step right foot on right, left foot in place
43&44 Kick ball step R: Kick right foot crossed on left foot, Right foot in place, step left foot on left
45&46 Kick ball step R: Kick right foot crossed on left foot, Right foot in place, step left foot on left
47&48 Kick ball step R : Kick right foot crossed on left foot, Right foot in place, step left foot on left
49-50 Cross right foot on left, 1/2 turn on left

PART D

SAILOR STEP – SAILOR STEPS TURN LEFT

51&52 Sailor step R :cross right foot behind left foot, step left foot on left, right foot in place
53&54 Sailor step Left with ¼ turn left

TAG (32 comptes) :

1-2 Touch Right heel forward, Touch right toes back
3&4 shuffle RLR in place
5-6 Touch Left heel forward, Touch left toes back
7&8 Shuffle LRL in place

Repeat counts 1 to 8

1-2 Touch Right heel forward, Touch Right toes back
3&4 shuffle forward : RLR
5-6 Touch Left heel forward, Touch right toes back
7&8 shuffle forward LRL

9-10 Rock step Right forward : step right foot forward, back on left foot
11&12 Coaster step Right : Right foot back, Left foot side Right foot, Right foot forward
13-14 Rock step Left forward : step left foot forward, back on right foot
15&16 Coaster step Left : Left foot back- Right foot side Left foot, Left foot forward
