

A Fast Movin Train

COPPER KNOB
STEPMATS

拍數: 32 牆數: 4 級數: Improver
編舞者: Susanne Oates (UK) - July 2014
音樂: Fast Movin' Train - Restless Heart : (Album: Country legend Vol. 29)



16 Count intro. 118BPM. This track is quite long, so you may wish to fade it Out during the instrumental at the end.

STEP, ½ TURN, BACK ROCK, FORWARD SHUFFLE X2 (OR TURNING SHUFFLES).

- 1 2 Step right forward. Turn ½ right turn, stepping back on left. (6o'clock)
3 4 Rock back on right. Recover onto left.
5 & 6 Step right forward. Close left beside right. Step right forward.
7 & 8 Step left forward. Close right beside left. Step left forward.

Option: Steps 5-8 may be replaced with two turning shuffles, each turning ½ left

PIVOT ¼, CROSS SHUFFLE, ¼ RIGHT TURN, SIDE, CROSS SHUFFLE.

- 9 10 Step right forward. Pivot 1/4 left turn, taking weight onto left. (3o'clock)
11 & 12 Step right over left. Step left to left side. Step right over left.
13 14 Turn ¼ right, stepping left back. Step right to right side. (6o'clock)
15 & 16 Step left over right. Step right to right side. Step left over right.

SIDE, BEHIND, HEEL, BALL, CROSS, ROCK TURN ¼ LEFT, FORWARD SHUFFLE.

- 17 18 Step right to right side. Step left behind right.
19 & 20 Touch right heel diagonally forward right. Step ball of right beside left. Step left over right.
21 22 Rock right to right side. Turn ¼ left replacing weight onto left. (3o'clock)
23 & 24 Step right forward. Close left beside right. Step right forward.

FULL TURN RIGHT (OR WALK), PIVOT ¼ RIGHT, CROSS, TURN ¼, ¼, POINT.

- 25 26 Turn ½ right stepping left back. Turn ½ right, stepping right forward.

Option: Walk left, right.

- 27 28 Step left forward. Pivot ¼ right turn, taking weight onto right. (6o'clock)
29 30 Step left across right. Turn ¼ left, stepping back on right.
31 32 Turn ¼ left turn, stepping left to left side. Point right toe to right side. (12o'clock)
(8) To start the dance again, you will need to turn a ¼ right as you step the right foot forward
1

START AGAIN

TAG: End of walls 2, 4 and 9

REVERSE MONTEREY

- 1 2 Turn ¼ right, stepping right beside left. Point left toe to left side.
3 4 Turn ¼ left, stepping left beside right. Point right toe to right side.

The Tag is danced at the end of walls 2, 4 and 9 and will bring you back to the same position as you were at the end of that home wall.

The dance can proceed as normal by turning ¼ right as you step right foot forward for Count 1, taking you to the new wall.

You may find it easier to remember that the tag comes at the end of each of the three verses.

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