

# Long Train Running

**COPPER** KNOB  
BY THE POST

Count: 48

Wall: 4

Level: intermediate

Choreographer: Doug Miranda (USA) & Jackie Miranda (USA)

Music: Long Train Running - Bananarama



## DIAGONAL STEPS FORWARD RIGHT AND LEFT, TOE TOUCH, STEP; DIAGONAL STEPS FORWARD LEFT, RIGHT, TOE TOUCH, STEP

- 1-4 Step right forward at an angle (diagonally), step left diagonally, touch right toe diagonally to right, bring weight down on right
- 5-8 Step left forward at an angle (diagonally), step right diagonally, touch left toe diagonally to left, bring weight down on left

## ¼ TURN LEFT, RECOVER ¼ TURN RIGHT, ½ TURN RIGHT, SHUFFLE, ½ TURN RIGHT, SHUFFLE BACK, ROCK RECOVER

- 1-2 Turn ¼ left as you step right to right side, recover back on left as you turn ¼ right
- 3&4 Turn ½ turn right and shuffle right, left, right
- 5&6 Make a ½ turn right as you shuffle back left, right, left
- 7-8 Rock back on right, recover forward on left

## FULL TURN LEFT, STEP LOCK FORWARD, FULL TURN RIGHT, STEP LOCK FORWARD

- 1-2 Turn full turn left traveling forward by stepping back on right as you turn ½ left, turn ½ left stepping left forward
- 3&4 Step lock forward right, left, right
- 5-6 Turn full turn right traveling forward by stepping back on left as you turn ½ right, turn ½ right stepping right forward
- 7&8 Step lock forward left, right, left

## ¼ TURN LEFT PADDLE TURN TWICE, CROSS SHUFFLES, ¼ TURN RIGHT PADDLE TURN TWICE, CROSS SHUFFLES

- 1&2 Turn ¼ left on ball of left as you point right to right side, slightly hitch right and turn ¼ left on ball of right as you point right to right
- 3&4 Cross right over left, step left to left side, cross right over left
- 5&6 Turn ¼ right on ball of right as you point left to left side, slightly hitch left and turn ¼ right on ball of left as you point left to left
- 7&8 Cross left over right, step right to right side, cross left over right

## SYNCOPATED SIDE POINTS, ¼ TURN RIGHT, KICK STEP POINT, ½ TURN LEFT MONTEREY, POINT

- 1&2 Point right to right side, step right next to left, point left to left side
- &3-4 Step left next to right, point right to right side, turn ¼ right as you lean back on left (weight ends on left)
- 5&6 Kick right forward, step down on right next to left, point left to left side
- 7-8 Turn ½ left on ball of right and step down on left (weight on left), point right to right side

## SIDE STEP LEFT, HEEL BOUNCES X 3 TURNING ¼ TURN RIGHT, HEEL JACK WITH ¼ TURN RIGHT, HEEL JACK TOUCH

- &1 Step right next to left, step left to left side (weight on left)
- 2-4 As you bounce on heels of both feet, bounce three times to complete a ¼ turn right, weight ending back on left
- &5&6 Step back on right, touch left heel forward, step down on left, turn ¼ right on ball of left and touch right next to left
- &7&8 Step back on right, touch left heel forward, step down on left, touch right next to left

**REPEAT**

## ENDING

To end the dance to the front wall, do the following: you will know the music is ending when you hear the music start to fade. You will be at the back wall. Dance set 1 and counts 1-6 of set 2. To face the front, you will continue to turn  $\frac{1}{2}$  right and stomp forward on right and hold

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