

Mid-Knight Train

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Mark Paulino (USA)

Musik: Train - Duke Boyz



Intro - 16 count

(Start with R and L arm bent 90 degrees, R and L hand closed fist, R hand pointed up and L hand connected to R elbow, arms positioned towards R side)

A [1-8] R DIAGONAL STEP WITH R SIDE CHUG CHUG, L DIAGONAL STEP WITH L SIDE CHUG CHUG, V STEP

- 1&2& Step R diagonal forward with both arms connected going down(1), up(&), down(2), up(&)
(Switch arm placements, L hand up and R hand connected to L elbow, arms positioned towards L side)
3&4& Step L diagonal forward with both arms connected going down(3), up(&), down(4), up(&)
5,6 R steps forward in a diagonal, L steps to the L side
7,8 R steps back into neutral, L steps besides R

A [9-16] HOP BACK WITH FEET APART, HOLD, SHAKE SHAKE, JAZZ BOX 1/4 TURN R

- 1,2 Hop back with feet apart, hold
3,4 Hip grind x2
5,6 R cross over L, L 1/4 turn step towards R
7,8 R side step, L steps besides R

A [17-24] DIAGONAL DIP R, DIAGONAL DIP L, STEP BACK HITCH BOOTY SLAP x2

- 1,2 R step diagonal forward with knees bent, L touch besides R while straightening up
3,4 L step diagonal forward with knees bent, R touch besides L while straightening up
5,6 R step back(5), L hitch forward while L slaps L gluteus maximus(6)
7,8 L step back(7), R hitch forward while R slaps R gluteus maximus(8)

(Arm movements are with closed fists)

A [25-32] STOMP STOMP, R ARM FORWARD, L ARM FORWARD, R ARM UP, L ARM CONNECT, CHUG CHUG

- 1,2 R stomp to the side, L stomp to the side
3,4 R arm forward, L arm forward
5,6 R arm pointed up, L arm connect to R elbow
7&8& Both arms connected going down(7), up(&), down(8), up(&)

Don't stop until the music ends!

The last CHUG CHUG at the end of the song, everybody yells out CHOO CHOO!

Styling points if add hip thrusts as you CHUG CHUG!

HINT: Look at the direction where you CHUG CHUG!