

# One Way Track

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Frances Beasley & Terry Pournelle (USA)

Musik: Hard To Stop A Train - Eddie Bush



## RIGHT STEP, SLIDE, STEP, TOUCH, LEFT STEP, SLIDE, STEP, TOUCH

Optional arms-make a fist with both hands, bend your arms at the elbow, roll arms in a circle like the wheels on the train

- 1-2 Angle body to right diagonal, step right to right side, slide left (taking weight) beside right
- 3-4 Angle body to right diagonal, step right to right side, touch left beside right
- 5-6 Angle body to left diagonal, step left to left side, slide right (taking weight) beside left
- 7-8 Angle body to left diagonal, step left to left side, touch right beside left

## RIGHT ROLLING VINE, LEFT ROLLING VINE

- 1-4 Step right  $\frac{1}{4}$  turn, step left back  $\frac{1}{2}$  turn, step right  $\frac{1}{4}$  turn, touch left beside right
- 5-8 Step left  $\frac{1}{4}$  turn, step right back  $\frac{1}{2}$  turn, step left  $\frac{1}{4}$  turn, touch right next to left

## RIGHT KICK CROSS POINT, LEFT KICK CROSS POINT, RIGHT SAILOR, LEFT SAILOR

- 1&2 Kick right forward, cross right over left, point left toe to left side
- 3&4 Kick left forward, cross left over right, point right toe to right side
- 5&6 Cross right behind left, step left to left, step right to right
- 7&8 Cross left behind right, step right to right, step left to left

## TWO LEFT $\frac{1}{4}$ TURN HIP ROLLS, TOE SWITCHES

- 1-2 Step right and roll hips to the left turning  $\frac{1}{4}$  left
- 3-4 Step right and roll hips to the left turning  $\frac{1}{4}$  left (6:00)
- 5&6& Point right toe to right side, step right in place, point left toe to left side, step left in place
- 7-8 Point right toe to right side, hold

## TOE SWITCHES, LEFT SAILOR, RIGHT SAILOR

- &1&2 Step right in place, point left toe to left side, step left in place, point right toe to right side
- &3-4 Step right in place, point left toe to left side, hold
- 5&6 Cross left behind right, step right to right, step left to left
- 7&8 Cross right behind left, step left to left, step right to right

## TOE HEEL STRUT, HEEL TOE STRUT, $\frac{1}{4}$ TURN JAZZ BOX

- 1-2 Touch left toe back, turning  $\frac{1}{2}$  turn left place heel down
- 3-4 Touch right heel forward, place toe down (12:00)
- 5-6 Cross left over right, step back on right
- 7-8 Turn  $\frac{1}{4}$  turn left, touch right toe beside left (9:00)

## DIAGONAL STEP TOUCHES FORWARD AND BACK

- 1-2 Step right to right front diagonal, touch left beside right
- 3-4 Step left to left back diagonal, touch right beside left
- 5-6 Step right to right back diagonal, touch left beside right
- 7-8 Step left to left front diagonal, touch right beside left

## TWO RIGHT $\frac{1}{4}$ MONTEREY TURNS

- 1-2 Point right to right side, turning  $\frac{1}{4}$  right step on right
- 3-4 Point left to left side, step left next to right
- 5-6 Point right to right side, turning  $\frac{1}{4}$  right step on right
- 7-8 Point left to left, step left next to right (3:00)

**REPEAT**

**TAG**

**At the end of the second wall (6:00), when using "Hard To Stop A Train" dance the first 8 counts twice**

---