

Brain Train

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Rosie Multari (USA)

Musik: If I Only Had A Brain - John Darling



SYNCO-GRAPEVINE, HEEL SWITCHES, ¼ TURN

- 1-2 Step right, cross left behind right
&3-4 Step right, cross left over right, stomp right
5&6 Tap left heel forward, step left, tap right heel forward
&7-8 Step right, tap left heel forward, pivot ¼ turn left, keeping weight in right

SHUFFLES, PIVOT TURNS

- 9&10 Shuffle forward left, right, left
11&12 Shuffle forward right, left; right
13-14 Step forward left, pivot ½ turn to right, transferring weight into right
15-16 Step forward left, pivot ½ turn to right, transferring weight into right

Easy variation

- 13-16 Rock forward left, recover weight right, rock back left, recover weight right

SIDE SHUFFLE, SCUFF HITCH STOMP

- 17&18 Side shuffle left, right, left
19&20 Scuff/hitch right, stomp left heel in place, stomp right
21&22 Side shuffle left, right, left
23&24 Scuff/hitch right, stomp left heel in place, stomp right

SLOW BACK, QUICK FORWARD

- 25-28 Touch left toe back, drop left heel, touch right toe back, drop right heel
29-31 Walk forward (exaggerated big steps, swinging arms!) Left, right, left
32 Scuff right to side

REPEAT
