

Train In Motion

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Kathy Kazmarek

Music: Wabash Cannonball - The GrooveGrass Boyz



STEP-DRAG, STEP-DRAG, SCOOT BACK, STEP OUT LEFT, STEP OUT RIGHT

- 1-2 Step forward at a 45 degree angle to the right on right foot, drag left foot in and clap
- 3-4 Step forward at a 45 degree angle to the left on left foot, drag right foot in and clap
- 5&6& Scoot back on right foot, scoot back on left foot, step down on right foot
- 7-8 Step out to the left on left foot, step out to the right on right foot

CROSS-POINT, CROSS-POINT, CROSS-UNWIND, TAP-TAP-FLICK

- 9-10 Cross left foot over the right, point right toe out to right side
- 11-12 Cross right foot over the left, point left toe out to left side
- 13-14 Cross left foot over the right, unwind ½ turn to the right (weight remains on left)
- 15&16 Tap right toe front, right side, & flick behind left leg

STEP ¼ TURN RIGHT, SLIDE LEFT FOOT BEHIND, SHUFFLE FORWARD, ROCK FORWARD & BACK

- 17-18 Step onto right foot, making ¼ turn to the right, slide left foot behind right leg
- 19&20 Shuffle forward (right-left-right)
- 21&22& Rock forward on left, in place on right, rock back on left, in place on right
- 23&24 Step forward onto left foot, scuff and hitch right foot

SHUFFLE RIGHT, SHUFFLE LEFT, ½ MONTEREY TURN WITH MAMBO STEP

- 25&26 Shuffle to the right (right-left-right)
- 27&28 Shuffle to the left (left-right-left)
- 29-30 Touch right toe to the right, making ½ turn right (changing weight to the right foot)
- 31&32 Rock out to the left, step in place on right foot, step together with left foot

REPEAT

TAG

Tag is done only once, after 4 complete patterns of dance (when facing original wall again)

- 1 Step forward on right foot at 45 degree angle to right
- 2-3&4 Swivel left (heel) (toe) (heel & toe) towards right foot (weight remains on right foot)
- 5 Step forward on left foot at 45 degree angle to left
- 6-7&8 Swivel right (heel) (toe) (heel & toe) towards left foot (weight remains on left foot)
- 9-10 Lean forward on right toe, pivot ½ turn to the left
- 11&12 Shuffle forward (right-left-right)
- 13&14& Rock forward on left, in place on right rock back on left, in place on right
- 15&16 Step forward onto left foot, scuff and hitch right foot

There is a break in the music when the verse is "She's so tall & freaky, Hair all across her back, I'm so excited, Wild lions couldn't hold me back"

At that point, the music ends. Count 2-3-4 and start the dance again from the beginning