

# Night Train

**Compte:** 64

**Mur:** 4

**Niveau:** Improver / Intermediate



**Chorégraphe:** John Sandham (ES) - March 2016

**Musique:** Lay Down Sally (Asleep the Wheel)

## Faster music: You Belong To Me (Bryan Adams)

### Sec 1: Lt side-forward-H-Rt side-Back-H.

- 1-2 step left foot to side. Slide right foot beside left.
- 3-4 step forward on left foot. Hold.
- 5-6 step right foot to right side. Slide left beside right.
- 7-8 step back on right foot. Hold.

### Sec 2: ¼ Lt side-forward-H-Rt side-back-H.

- 1-2 ¼ turn left stepping left to side. Slide right foot beside left.
- 3-4 step forward on left foot. Hold.
- 5-6 step right foot to right side. Slide left foot beside right.
- 7-8 step back on right foot. Hold.

### Sec 3: Lt side-Tog-side-H-Behind-side-cross-turn.

- 1-2 step left foot to side. Slide right beside left.
- 3-4 step left foot to the side. Hold
- 5-6 cross right foot behind left. Step left foot to side.
- 7-8 cross right foot over left. Make a ¼ turn right (keeping Lt in the air)

### Sec 4: Lt step-slide-step-H- Rt step-slide-step-H.

- 1-4 step forward on left. slide right behind left. step forward on left. Hold
- 5-8 Repeat on Right foot

### Sec 5: Rock-Rec-turn-H- turn-turn-turn-H

- 1-2 rock forward on left foot. Recover back on right.
- 3-4 make a ½ turn to left stepping forward on left. Hold.
- 5-8 make a ½ turn to left stepping on right. left. right. Hold.

### Sec 6: Behind-side-cross-H- slide -2-3-H.

- 1-2 cross Left foot behind right. step right foot to side.
- 3-4 cross left foot over right. Hold.
- 5-8 big step to Right side on right foot. Slide Left beside right. Hold.

### Sec 7: Slow turn Left. ¼-1/2-1/2-Touch & H

- 1-2 on the SLOW steps make ¼ to left stepping forward on left foot.
- 3-4 make a ½ turn to Left stepping back on right foot.
- 5-6 make a ½ turn to left. Stepping forward on left foot.
- 7-8 touch right foot next to left. Hold.

### Sec 8: Slide back -2 -3-H- Hips-2-3-4.

- 1-4 long step back on right to right Diagonal. Slide left back to right. Hold,
- 5-8 stepping left to side push hips left-right-left-right.

**Start over !**

**Contact:** Sandham454@btinternet.com - tel 0034 604131424

