

# Isolation Train

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Stacie White (UK) & Paul James (UK) - February 2022

Musique: C'mon N' Ride It (The Train) (Radio Edit) - Quad City DJ's



Count In – 16 Counts from the first main beat.

## [1-8] Heel Switches x2, Pivot ½ Turn. Chugs x4.

1&2 Tap R heel forward (1) Step RF next to LF (&) Tap L heel forward (2)  
&3,4 Step LF next to RF (&) Step RF forward (3) Make ½ turn over L shoulder (4)

### \*Weight ending on LF\*

5,6 Tiny step RF forward as you 'Pop' your L knee (5) Tiny step LF forward as you 'Pop' your R knee (6)  
7,8 Repeat counts 5,6 (7,8)

## [9-16] Heel Switches x2, Pivot ½ Turn. Chugs x4.

1&2 Tap R heel forward (1) Step RF next to LF (&) Tap L heel forward (2)  
&3,4 Step LF next to RF (&) Step RF forward (3) Make ½ turn over L shoulder (4) \*Weight ending on LF\*  
5,6 Tiny step RF forward as you 'Pop' your L knee (5) Tiny step LF forward as you 'Pop' your R knee (6)  
7,8 Repeat counts 5,6 (7,8)

## [17-24] Step Side Hitch x2, Step Back Bounce x2.

1,2 Step RF to right (1) Hitch L Knee (2)  
2,3 Step LF to L (3) Hitch R Knee (4)  
5,6 Step RF back on a diagonal, slight turn in body & bouncing x2 (5,6)  
7,8 Step LF back on a diagonal, slight turn in body & bouncing x2 (7,8)

## [25-32] Vine Right, ½ Monterey Turn.

1,2 Step RF to right (1) Cross LF behind RF (2)  
3,4 Step RF to right (3) Touch L toe next to RF (4)  
5,6 Point L toe to left (5) Make ½ turn over L shoulder, closing feet (6)  
7,8 Point R toe to right (7) Touch RF to LF.

Demo & Walk Through Video Will Be Available On YouTube Account – cudgefudge  
We Hope You Enjoy & Happy Dancing