

Morning Train (9 To 5)

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Michael Vera-Lobos (AUS)

Musique: Morning Train (Nine to Five) - Sheena Easton



CROSS, TOUCH SIDE, CROSS, TOUCH SIDE, FORWARD COASTER, BACK COASTER

1-2-3-4 Travel forward - cross right over left, touch left to left, cross left over right, touch right to right
5&6-7&8 Step forward right, step left beside right, step back right, step back on left, step right beside left, step forward left

CROSS, TOUCH SIDE, CROSS, TOUCH SIDE, FORWARD COASTER, BACK COASTER

1-2-3-4 Travel forward - cross right over left, touch left to left, cross left over right, touch right to right
5&6-7&8 Step forward right, step left beside right, step back right, step back on left, step right beside left, step forward left

STEP, ¼ LEFT, CROSS, SIDE, BEHIND, ARCH SIDE, SAILOR STEP

1-2-3-4 Step forward right, pivot ¼ turn left, cross right over left, step left to left side
5-6-7&8 Cross right behind left, arch left toe out to left side, cross left behind right, rock right to right, step left to left

CROSS, SIDE, BEHIND, TOUCH SIDE, CROSS SHUFFLE, ¼ LEFT, ¼ LEFT

1-2-3-4 Cross right over left, step left to left, cross right behind left, touch left toe to left side
5&6-7-8 Cross shuffle left over right stepping left, right, left, step right to right turning ¼ turn left, step back left turning a further ¼ turn left (end weight on left)

CROSS ROCK, REPLACE, SIDE SHUFFLE ¼ RIGHT, STEP FORWARD, ½ PIVOT, STEP FORWARD, ¼ PIVOT

1-2-3&4 Cross rock right over left, rock back on left, step right to right, step left beside right, turn ¼ turn right on right
5-6-7-8 Step forward left, pivot ½ turn right, step forward left, pivot ¼ turn right (end weight on right)

CROSS ROCK, REPLACE, SIDE SHUFFLE ¼ RIGHT, STEP FORWARD, ½ PIVOT, STEP FORWARD, ¼ PIVOT

1-2-3&4 Cross rock left over right, rock back on right, step left to left, step right beside left, turn ¼ turn left on left
5-6-7-8 Step forward right, pivot ½ turn left, step forward right, pivot ¼ turn left (end weight on left)

CROSS, SIDE, SAILOR, CROSS, SIDE, SAILOR

1-2-3&4 Cross right over left, step left to left, cross right behind left, rock left to left, rock weight center on right
5-6-7&8 Cross left over right, step right to right, cross left behind right, rock right to right, rock weight center on left

CROSS, ¼, COASTER, CROSS/SIDE/HEEL, CROSS/SIDE/TOUCH TO SIDE

1-2-3&4 Cross right over left, step left to left turning ¼ turn right, step back right, step left beside right, step forward right
5&6-7&8 Travel forward - cross left over right, step right to right touching left heel forward, cross right over left, step left to left touching right toe to right side

REPEAT

TAGS

At the end of wall 1

1-2-3-4 Cross hitch right over left, touch right to right, cross hitch right over left, touch right to right

On wall 3 only do the first 32 counts and add 4 count tag. Then start dance on side wall

On wall 5 only do the first 16 counts then add the following:

1-2-3&4 Step forward right, pivot $\frac{1}{4}$ turn left, cross right over left, hold with a double clap

5-6-7&8 Rock left to left, rock weight to right, cross left over right, hold with a double clap

1-2-3&4 Rock right to right, rock weight to left, cross right over left, hold with a double clap (end weight right)

5-6-7&8 Rock forward left, back on right, left coaster (back left, step right beside left, step forward left)

1-2-3-4 Step forward right, pivot $\frac{1}{2}$ turn left, step forward right, pivot $\frac{1}{2}$ turn left

Restart dance as normal with no tags to end
