

# On a Train

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: Bracken Heidenreich (USA) - September 2021  
音乐: Ridin' on a Train - Keb' Mo' : (Apple Music)



Start on the word "TIME" - no tags, no restarts

## SECTION 1: HEEL GRIND, OFF-SYNC'D COASTER STEP (RIGHT AND LEFT SIDES)

1,2                      Grind Right heel forward (or rock Right forward); Recover on Left in place  
&34                      & Step Right back (on ball); Step Left next to right (on ball); Step Right forward  
5,6                      Grind Left heel forward (or rock Left forward); Recover on Right in place  
&78                      & Step Left back (on ball); Step Right next to left (on ball); Step Left forward

## SECTION 2: RIGHT TOE, HEEL, HOOK, STEP, LEFT TOE, HEEL, HOOK, STEP, FLICK, STEP, HOOK, STEP, SCUFF, HITCH, STOMP

1&                      Tap Right toes with right knee turned in; & Tap Right heel forward with knee turned out  
2&                      Hook Right across left shin; & Step Right forward  
3&                      Tap Left toes with left knee turned in; & Tap Left heel forward with knee turned out  
4&                      Hook Left across right shin; & Step Left forward  
5&                      Flick Right behind left calf; & Step Right back  
6&                      Hook Left across right shin; & Step Left forward  
7&8                      Scuff Right forward; & Hitch Right knee; Stomp Right forward (allow body to open toward 9:00 wall for styling)

## SECTION 3: QUARTER PUSH ROCK, CROSS SIDE, CROSS, SLIDE RIGHT, BALL CHANGE, FORWARD

1,2                      Turn quarter (1/4) right while stepping Left toward 12:00 and pushing hips to left (toward 12:00); Recover on Right in place  
&3,4                      & Step Left across right; Step Right to right side; Step Left across right  
5,6                      Large step Right to right side; Drag Left to touch next to right  
&7,8                      & Step ball of Left back; Step Right in place; Step Left forward

## SECTION 4: HIP BUMPS, KICK & BACK, ROLL & BACK, BACK ROCK

1&2&                      Touch Right next to left and bump hips right-center-right-center (in a C shape for styling)  
3&4                      Kick Right forward; & Step Right in place; Touch Left back  
5                      Transfer weight back on Left (option roll body)  
&6                      & Step Right back next to left; Step Left back (option roll body)  
7,8                      Rock Right back; Recover on Left in place

Enjoy the dance!

Stepsheet 9/10/2021