

# This Train

拍数: 32                      墙数: 2                      级数: Improver  
编舞者: Lizzie Clarke (SCO) - June 2009  
音乐: This Train - Ruby Turner : (CD Single)



**Start dance 8 counts after she sings 'All Aboard'**

**Right strut, cross strut, scissor step, left strut, cross strut, scissor step ¼ right**

- 1&2&3&4      Touch right toe to right side & snap heel down, cross left toe over right & snap heel down, rock right & recover left, cross step right over left
- 5&6&7&8      Touch left toe to left side & snap heel down, cross right toe over left & snap heel down, rock left & recover right turning ¼ right, step fwd left

**Mambo forward, coaster back, rock recover ¼ right, left cross shuffle**

- 1&2,3&4      Rock forward right & recover left, step right beside left, Step back left & step right beside left, step forward left
- 5&6,7&8      Rock forward right & recover left, turn ¼ right stepping right to side, Cross step left over right & step right to side, cross step left over right

**Rumba box, rock recover ¼ left, right cross shuffle, rumba box**

- 1&2,3&4      Step right to side & close left beside right, step forward right, Rock forward left & recover right, turn ¼ left stepping left to side
- 5&6,7&8      Cross step right over left & step left to side, cross step right over left, Step left to side & close right beside left, step forward left

**Charleston steps, rock recover ¼ right & step, rock side recover**

- 1,2,3,4      Touch right toe forward, step back on right foot, touch left toe back, step forward on left foot
- 5&6&7,8      Rock forward right & recover left, turn ¼ right stepping right to side & step left beside right, rock right to right side, recover left

**Start over.....**

**Dedicated to Laurent who just loves this music.**

**Happy Dancin'.....Keep Smilin'.....Have Fun**