

I Am The Train

拍數: 34 牆數: 4 級數: Improver
編舞者: Diana Dawson (UK) - November 2015
音樂: I Am the Train - George Inglis : (CD: Single - Amazon & iTunes)



#16 count intro from beginning

Right Heel, Toe, Step, Scuff, Brush Back, Scuff forward, Shuffle forward

1-2 Touch Right Heel forward. Touch Right Toes back
3-4 Step forward on Right. Scuff left forward
5-6 Brush Left back in front of Right shin. Scuff Left forward
7&8 Left Shuffle forward stepping Left, Right, Left.

Forward Rock, Shuffle back x2, Back Rock

1-2 Rock forward on Right. Recover onto Left
3&4 Right Shuffle back stepping Right, Left, Right.
5&6 Left Shuffle back stepping Left, Right, Left.
7-8 Rock back on right. Recover onto Left

(Option: Steps 3&4 and 5&6 – two turning shuffles, half turn right each)

Right Kick Ball Change , Right Side Rock, Cross Shuffle, Left Side rock

1&2 Kick Right foot forward. Step Right beside left. Step onto Left foot
3-4 Rock out to Right side. Recover onto Left
5&6 Cross Right over Left. Step Left to Left side, Cross Right over Left
7-8 Rock out to left side. Recover onto Right

Left behind & cross, Monterey Quarter turn, Jazz-box

1&2 Step Left behind right. Step Right to Right side. Cross Left over Right
3-4 Point Right to Right side. Quarter turn Right stepping Right beside Left [3:00]
5-6 Point Left to Left side. Step Left beside Right
7-8 Cross Right over Left. Step back on Left
9-10 Step Right to Right Side. Step Left beside Right

Start Again

TAG: at the end of Wall 1 (facing 3 o'clock) and Wall 3 (facing 9 o'clock)

Rocking chair

1-2 Rock forward on Right. Recover onto Left
3-4 Rock back on Right. Recover onto Left

Choreographer's Note:

This dance was written to celebrate the return of the Borders Railway - the longest new domestic railway to be constructed in Britain for over 100 years.

After almost 50 years without a train service in this part of the world, trains finally returned in September 2015

The dance is choreographed to I AM THE TRAIN, an original song by George Inglis.

Music and story video is on VIMEO <https://vimeo.com/138161184>