

# 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>