

# Train In Motion

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Kathy Kazmarek  
音樂: Wabash Cannonball - The GrooveGrass Boyz



## STEP-DRAG, STEP-DRAG, SCOOT BACK, STEP OUT LEFT, STEP OUT RIGHT

- 1-2      Step forward at a 45 degree angle to the right on right foot, drag left foot in and clap
- 3-4      Step forward at a 45 degree angle to the left on left foot, drag right foot in and clap
- 5&6&      Scoot back on right foot, scoot back on left foot, step down on right foot
- 7-8      Step out to the left on left foot, step out to the right on right foot

## CROSS-POINT, CROSS-POINT, CROSS-UNWIND, TAP-TAP-FLICK

- 9-10      Cross left foot over the right, point right toe out to right side
- 11-12      Cross right foot over the left, point left toe out to left side
- 13-14      Cross left foot over the right, unwind ½ turn to the right (weight remains on left)
- 15&16      Tap right toe front, right side, & flick behind left leg

## STEP ¼ TURN RIGHT, SLIDE LEFT FOOT BEHIND, SHUFFLE FORWARD, ROCK FORWARD & BACK

- 17-18      Step onto right foot, making ¼ turn to the right, slide left foot behind right leg
- 19&20      Shuffle forward (right-left-right)
- 21&22&      Rock forward on left, in place on right, rock back on left, in place on right
- 23&24      Step forward onto left foot, scuff and hitch right foot

## SHUFFLE RIGHT, SHUFFLE LEFT, ½ MONTEREY TURN WITH MAMBO STEP

- 25&26      Shuffle to the right (right-left-right)
- 27&28      Shuffle to the left (left-right-left)
- 29-30      Touch right toe to the right, making ½ turn right (changing weight to the right foot)
- 31&32      Rock out to the left, step in place on right foot, step together with left foot

## REPEAT

## TAG

Tag is done only once, after 4 complete patterns of dance (when facing original wall again)

- 1      Step forward on right foot at 45 degree angle to right
- 2-3&4      Swivel left (heel) (toe) (heel & toe) towards right foot (weight remains on right foot)
- 5      Step forward on left foot at 45 degree angle to left
- 6-7&8      Swivel right (heel) (toe) (heel & toe) towards left foot (weight remains on left foot)
- 9-10      Lean forward on right toe, pivot ½ turn to the left
- 11&12      Shuffle forward (right-left-right)
- 13&14&      Rock forward on left, in place on right rock back on left, in place on right
- 15&16      Step forward onto left foot, scuff and hitch right foot

There is a break in the music when the verse is "She's so tall & freaky, Hair all across her back, I'm so excited, Wild lions couldn't hold me back"

At that point, the music ends. Count 2-3-4 and start the dance again from the beginning