Down At The Station

Ebene: Improver

Choreograf/in: Fred Whitehouse (IRE) - July 2015 Musik: Down At the Station - Billy Yates

Intro – 32 counts from start of track

Cross rock side shuffle x2

Count: 32

Rock RF across LF, recover onto L 1.2 3&4 Step RF to R, close LF next to R, step RF to R 5,6 Rock LF across RF, recover onto R 7&8 Step LF to L, close RF next to L, step LF to L

Cross, side, sailor step, cross, side, sailor step 1/4 turn L

- Cross RF over L, step LF to L side 1,2
- 3&4 Step RF behind L, step LF to L, step RF to R (angle body to R diagonal)
- 5.6 Cross LF over R, step RF to R side
- 7&8 Step LF behind R, step RF to R, ¼ turn L stepping LF forward (9.00)
- * Restart here wall 8 *

R shuffle, L shuffle, step pivot ½ L x2

- Step RF forward, close LF next to R, step RF forward 1&2
- 3&4 Step LF forward, close RF next to L, step LF forward
- 5,6 Step RF forward, pivot 1/2 turn L placing weight on L
- 7.8 Step RF forward, pivot 1/2 turn L placing weight on L

Kick & touch & kick & touch, cross rock, triple full turn L

- 1&2& Kick RF forward, step RF forward, touch LF behind R heel, step LF in place
- 3&4 Kick RF to R diagonal, touch LF beside R facing diagonal
- 5,6 Cross rock LF over R, recover onto R
- 1/4 turn L stepping LF forward (6.00), 1/2 turn L stepping RF back, 1/4 turn L stepping LF to L 7&8 side (9.00)

*Restart happens on wall 8 after 16 counts.

Do not make the 1/4 turn on the second sailor step stay on 3 o'clock wall*

Enjoy





Wand: 4