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| Take Da Train |  |

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| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Nancy Morgan (USA) |
| **Music:** | C'mon N' Ride It (The Train) - Quad City DJ's |
| . |

**Long intro. Start when the man starts singing, if you start before that, you will be out of phrase.**

**WALK, WALK, HEEL AND HEEL AND STEP, PIVOT ½ TURN, BOUNCE TWICE**

|  |  |
| --- | --- |
| 1-2 | Walk forward - right, left |

|  |  |
| --- | --- |
| 3&4& | Put right heel forward, put right next to left as you put left heel forward, put left next to right |

|  |  |
| --- | --- |
| 5-6 | Put right foot forward, pivot ½ turn to your left (keep weight on right) |

|  |  |
| --- | --- |
| 7-8 | Bounce up and down 2 times (put your thumb out like you are hitching a ride) |

**KICK-BALL-STEP FORWARD, KICK-BALL-STEP FORWARD, SWIVEL TWICE ¼ RIGHT, KICK-BACK-TOGETHER**

|  |  |
| --- | --- |
| 1&2 | Kick right foot forward, put right foot next to left, step forward on left |

|  |  |
| --- | --- |
| 3&4 | Kick right foot forward, put right foot next to left, step forward on left |

|  |  |
| --- | --- |
| 5&6 | Swivel on balls of both feet two times as you turn ¼ to your right (keep weight on left) |

|  |  |
| --- | --- |
| 7&8 | Kick right foot forward, put right foot next to left, step left next to right (weight is even) |

**HOP TO RIGHT TWICE, HOP TO LEFT TWICE**

|  |  |
| --- | --- |
| &1-2 | Hop to right side - step right, touch left, hold |

|  |  |
| --- | --- |
| &3-4 | Hop to right side - step right, touch left, hold |

|  |  |
| --- | --- |
| &5-6 | Hop to left side - step left, touch right, hold |

|  |  |
| --- | --- |
| &7-8 | Hop to left side - step left, touch right, hold |

**STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, HOLD, STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, HOLD**

|  |  |
| --- | --- |
| &1 | Step right foot forward towards 1:00, touch left next to right |

|  |  |
| --- | --- |
| &2 | Step left foot forward towards 11:00, touch right next to left |

|  |  |
| --- | --- |
| &3-4 | Step right foot forward towards 1:00, touch left next to right, hold |

|  |  |
| --- | --- |
| &5 | Step left foot forward towards 11:00, touch right next to left |

|  |  |
| --- | --- |
| &6 | Step right foot forward towards 1:00, touch left next to right |

|  |  |
| --- | --- |
| &7-8 | Step left foot forward towards 11:00, touch right next to left, hold |

**REPEAT**