Train In Motion



Count: 32 Wall: 4 Level: Intermediate

Choreographer: Kathy Kazmarek

Music: 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 1/4 TURN RIGHT, SLIDE LEFT FOOT BEHIND, SHUFFLE FORWARD, ROCK FORWARD & BACK

17-18	Step onto riaht f	oot. making ¼	4 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, 1/2 MONTEREY TURN WITH MAMBO STEP

25&26	Shuffle to the right (right-left-right)
27&28	Shuffle to the left (left-right-left)
20.20	Tamala wiselak kana ka klana wiselak manalaisan 1/ k

29-30 Touch right toe to the right, making ½ turn right (changing weight to the right foot)

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	d 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