Compte: 48
Mur: 4
Niveau: Intermediate
Chorégraphe: Doug Miranda (USA) \& Jackie Miranda (USA)
Musique: Long Train Running - Bananarama


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DIAGONAL STEPS FORWARD RIGHT AND LEFT, TOE TOUCH, STEP; DIAGONAL STEPS FORWARD LEFT, RIGHT, TOE TOUCH, STEP
1-4 Step right forward at an angle (diagonally), step left diagonally, touch right toe diagonally to right, bring weight down on right
5-8 Step left forward at an angle (diagonally), step right diagonally, touch left toe diagonally to left, bring weight down on left
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## $1 ⁄ 4$ TURN LEFT, RECOVER $1 ⁄ 4$ TURN RIGHT, ½ TURN RIGHT, SHUFFLE, $1 ⁄ 2$ TURN RIGHT, SHUFFLE BACK, ROCK RECOVER

1-2
Turn $1 / 4$ left as you step right to right side, recover back on left as you turn $1 / 4$ right
$3 \& 4 \quad$ Turn $1 / 2$ turn right and shuffle right, left, right
5\&6 Make a $1 / 2$ turn right as you shuffle back left, right, left
7-8 Rock back on right, recover forward on left

## FULL TURN LEFT, STEP LOCK FORWARD, FULL TURN RIGHT, STEP LOCK FORWARD

1-2 Turn full turn left traveling forward by stepping back on right as you turn $1 / 2$ left, turn $1 / 2$ left stepping left forward
Step lock forward right, left, right
3\&4
Turn full turn right traveling forward by stepping back on left as you turn $1 / 2$ right, turn $1 / 2$ right stepping right forward
7\&8
Step lock forward left, right, left
$1 ⁄ 4$ TURN LEFT PADDLE TURN TWICE, CROSS SHUFFLES, $1 ⁄ 4$ TURN RIGHT PADDLE TURN TWICE, CROSS SHUFFLES
1\&2 Turn $1 / 4$ left on ball of left as you point right to right side, slightly hitch right and turn $1 / 4$ left on ball of right as you point right to right
3\&4 Cross right over left, step left to left side, cross right over left
5\&6 Turn $1 / 4$ right on ball of right as you point left to left side, slightly hitch left and turn $1 / 4$ right on ball of left as you point left to left
7\&8 Cross left over right, step right to right side, cross left over right

| SYNCOPATED SIDE POINTS, $1 / 4$ TURN RIGHT, KICK STEP POINT, $1 / 2$ TURN LEFT MONTEREY, POINT |  |
| :--- | :--- |
| $1 \& 2$ | Point right to right side, step right next to left, point left to left side |
| $\& 3-4$ | Step left next to right, point right to right side, turn $1 / 4$ right as you lean back on left (weight <br> ends on left) |
| Kick right forward, step down on right next to left, point left to left side |  |
| $7-8$ | Turn $1 / 2$ left on ball of right and step down on left (weight on left), point right to right side |

SIDE STEP LEFT, HEEL BOUNCES X 3 TURNING ¼ TURN RIGHT, HEEL JACK WITH ¼ TURN RIGHT, HEEL JACK TOUCH
\&1 Step right next to left, step left to left side (weight on left)
2-4 As you bounce on heels of both feet, bounce three times to complete a $1 / 4$ turn right, weight ending back on left
\&5\&6 Step back on right, touch left heel forward, step down on left, turn $1 / 4$ right on ball of left and touch right next to left
\&7\&8 Step back on right, touch left heel forward, step down on left, touch right next to left

## ENDING

To end the dance to the front wall, do the following: you will know the music is ending when you hear the music start to fade. You will be at the back wall. Dance set 1 and counts 1-6 of set 2. To face the front, you will continue to turn $1 / 2$ right and stomp forward on right and hold

