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This Train

32 Count, 2 Wall, Improver
Choreographer: Liz Clarke (Scotland) June 2009
Choreographed to: This Train by Ruby Turner,
CD Single (172 bpm)

Start dance 8 counts after she sings 'All Aboard'

Right strut, cross strut, scissor step, left strut, cross strut, scissor step ¼ right

1&2&3&4 Touch right toe to right side & snap heel down, cross left toe over right
& snap heel down, rock right & recover left, cross step right over left

5&6&7&8 Touch left toe to left side & snap heel down, cross right toe over left &
snap heel down, rock left & recover right turning ¼ right, step fwd left

Mambo forward, coaster back, rock recover ¼ right, left cross shuffle

1&2,3&4 Rock forward right & recover left, step right beside left
Step back left & step right beside left, step forward left

5&6,7&8 Rock forward right & recover left, turn ¼ right stepping right to side
Cross step left over right & step right to side, cross step left over right

Rumba box, rock recover ¼ left, right cross shuffle, rumba box

1&2,3&4 Step right to side & close left beside right, step forward right
Rock forward left & recover right, turn ¼ left stepping left to side

5&6,7&8 Cross step right over left & step left to side, cross step right over left
Step left to side & close right beside left, step forward left

Charleston steps, rock recover ¼ right & step, rock side recover

1,2,3,4 Touch right toe forward, step back on right foot, touch left toe back, step forward on left

5&6&7,8 Rock forward right & recover left, turn ¼ right stepping right to side
& step left beside right, rock right to right side, recover left

Dedicated to Laurent who just loves this music.

Happy Dancin'……Keep Smilin'……Have Fun

Don't use the album version, that is different (careful now)!!

Music download available from iTunes and Amazon