

SHORT TRAIN

Choreographed by Wanda Heldt - Perth WA - 04
Description: 40 Count - 2 wall - Beginner/Improver
Music: Longtrain Running by - Bananrama,

Split Floor with "Baby Com' On" "Achy Breaky Heart"
" Who did You Call Darling"

RIGHT VINES WITH HIPS SWAYS

1-4 Step Right, Left behind Right Left, Step Right, Hold on count 4
5-8 Sway Hips Left, Right, Left, Right - [Weight on Right]

LEFT VINES WITH HIPS SWAYS

1-4 Step Left, Right behind Left, Step Left, Hold on count 4
5-8 Sways Hips Right, Left, Right, Left - [Weight on Left]

RIGHT & LEFT SKATES FORWARD, WITH HOLDS

1-2 Step R forward at [1:00] Step Left forward at [11:00]
3-4 Step R forward at [1:00], & Hold - [Wt.on R]
5-6 Step L forward at [11:00], Step Right forward at [1:00]
7-8 Step L forward at [11:00], & Hold - [Wt.on L]

WALK BACK RIGHT & LEFT, WITH HITCH

1-4 Walk back Right, Left, Right, Hitch Left Knee
5-8 Walk back Left, Right, Left, Touch Right toe next to Left

1/4 MONTERYS TO THE RIGHT

1-2 Point Right Toe to side, Step leg in & Pivot 1/4 Right
3-4 Point Left Toe to the side, bring leg back [Wt.on L]
5-6 Point Right Toe to side, Step leg in & Pivot 1/4 Right
6-8 Point Left Toe to the side, bring leg back in [Wt.on L]

RESTART : "DANCE WITH ATTITUDE" - HAVE FUN

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