

# On A Train

**Choreographer:** Dwight Meessen (Jan 2015)

**Count:** 32 / **Wall:** 4 / **Level:** Improver

**Music:** Northbrook – On A Train

**Starts from singing (16 seconds from the clip)**

**S:1 R Walk, L Walk, Shuffle FWD , L Walk, R Walk, Shuffle FWD**

1-2 RF walk forward, LF walk forward

3&4 Step RF forward, step LF next to RF(&), step RF forward

5-6 LF walk forward, RF walk forward

7&8 Step LF forward, step RF next to LF(&), step RF forward

**S:2 RF Rock FWD, Recover, Shuffle 1/2 Turn Right, LF Kick, Ball, Side Touch, RF Kick, Ball, Side Touch**

1-2 Rock RF forward, recover weight on LF

3&4 Shuffle 1/2 turn right stepping right, left, right (6)

5&6 Kick LF forward, step ball LF next to RF(&), touch RF to right side

7&8 Kick RF forward, step ball RF next to LF(&), touch LF to Left side

**S:3 Cross, 1/4 Turn L( RF step back), LF Chassé, Cross, 1/4 Turn R(LF step back), RF Chassé**

1-2 Cross LF over RF, step RF 1/4 back (3)

3&4 Step LF to left side, step RF next to LF(&), step LF to left side

5-6 Cross RF over LF, step LF 1/4 back (6)

7&8 Step RF to right side, step LF next to RF(&), step RF to right side

**S:4 LF Cross Rock, Recover, LF Chassé, Walk Around 3/4 Circle Left**

1-2 Cross rock LF over RF, recover weight on RF

3&4 Step LF to left side, step RF next to LF(&), step LF to left side

5-8 Walk around a 3/4 turn(circle) to your left, R, L, R, L (9)

**Start again! Enjoy Dancing Always**

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