

Downbound Train

64 count, 4 wall, intermediate level

Choreographer: DJ Dan & Wynette Miller (NL)

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Choreographed to: Downbound Train by Raul Malo,
Badlands: A Tribute To Bruce Springsteen's Nebraska
(119 bpm)

Start on the word "JOB". 32 counts

- 1-8 Walk R / L, Shuffle; Rock Step, Coaster Step**
1-2 Step right forward. Step left forward.
3&4 Shuffle forward stepping right, left, right
5-6 Rock left forward. Recover weight onto right.
7&8 Step left back. Step right next to left. Step left forward.
- 9-16 Step, 1/2 Pivot, Shuffle; Rock Step, Coaster Cross**
1-2 Step right forward. Pivot 1/2 turn left. [6]
3&4 Shuffle forward stepping right, left, right
5-6 Rock left forward. Recover weight onto right.
7&8 Step left back. Step right next to left. Cross left over right.
- 17-24 Side Rock & Step, Side Rock & Step; Rock Step, Shuffle 1/2 Turn Right.**
1&2 Rock right to right side. Recover weight onto left. Step right forward.
3&4 Rock left to left side. Recover weight onto right. Step left forward.
5-6 Rock right forward. Recover weight onto left.
7&8 Shuffle 1/2 turn right stepping right, left, right. [12]
- 25-32 Side Rock & Step, Side Rock & Step; Rock Step, Shuffle 1/2 Turn left.**
1&2 Rock left to left side. Recover weight onto right. Step left forward.
3&4 Rock right to right side. Recover weight onto left. Step right forward.
5-6 Rock left forward. Recover weight onto right.
7&8 Shuffle 1/2 turn left stepping left, right, left. [6]
- 33-40 1/4 Turn Side Rock, Behind-Side-Cross; Side Rock, Behind-Side-Cross**
1-2 Make 1/4 turn left rock right to right side. Recover weight onto left. [3]
3&4 Cross right behind left. Step left to left side. Cross right over left.
5-6 Rock left to left side. Recover weight onto right
7&8 Cross left behind right. Step right to right side. Cross left over right.
- 41-48 Side, Behind, Heel Jack & Cross. Right & Left**
1-2 Step right to right. Cross left behind right
&3 Step right diagonally back. Touch left heel diagonally forward
&4 Step left next to right. Cross right over left
5-6 Step left to left. Cross right behind left
&7 Step left diagonally back. Touch right heel diagonally forward
&8 Step right next to left. Cross left over right
- 49-56 Side, Together, Cross Shuffle; Right & Left**
1-2 Step right to right side. Step left next to right.
3&4 Cross right over left. Step left to left side. Cross right over left.
5-6 Step left to left side. Step right next to left.
7&8 Cross left over right. Step right to right side. Cross left over right.
- 57-64 Heel Ball Cross, Side Rock, Jazz Box**
1&2 Touch right heel diagonally forward. Step right next to left. Cross left over right.
3-4 Rock right to right side. Recover weight onto left.
5-8 Cross right over left. Step left back. Step right to right side. Step left forward.

TAG 12 counts. After the first and second wall.

- 1-8 Walk R / L, Shuffle; Rock Step, Coaster Step; Step, 1/2 Pivot, Walk R / L.**
1-2 Step right forward. Step left forward.
3&4 Shuffle forward stepping right, left, right
5-6 Rock left forward. Recover weight onto right.
7&8 Step left back. Step right next to left. Step left forward.
9-10 Step right forward. Pivot 1/2 turn left. Step right forward. Step left forward. [9]

"Downbound Train" by Bruce Springsteen. No tag needed. 121 bpm