

## Morning Train (9 To 5)

64 count, 4 wall, beginner/intermediate level

Choreographer : Michael Vera-Lobos  
(Australia) 2001

Choreographed to : Morning Train by Sheena  
Easton

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### **CROSS, TOUCH SIDE, CROSS, TOUCH SIDE, FORWARD COASTER, BACK COASTER**

1-2-3-4 Travel forward - cross right over left, touch left to left, cross left over right, touch right to right  
5&6-7&8 Step forward right, step left beside right, step back right, step back on left, step right beside left, step forward left

### **CROSS, TOUCH SIDE, CROSS, TOUCH SIDE, FORWARD COASTER, BACK COASTER**

1-2-3-4 Travel forward - cross right over left, touch left to left, cross left over right, touch right to right  
5&6-7&8 Step forward right, step left beside right, step back right, step back on left, step right beside left, step forward left

### **STEP, ¼ LEFT, CROSS, SIDE, BEHIND, ARCH SIDE, SAILOR STEP**

1-2-3-4 Step forward right, pivot ¼ turn left, cross over left, step left to left side  
5-6-7&8 Cross right behind left, arch left toe out to left side, cross left behind right, rock right to right, step left to left

### **CROSS, SIDE, BEHIND, TOUCH SIDE, CROSS SHUFFLE, ¼ LEFT, ¼ LEFT**

1-2-3-4 Cross right over left, step left to left, cross right behind left, touch left toe to left side  
5&6-7-8 Cross shuffle left over right stepping left, right, left, step right to right turning ¼ turn left, step back left turning a further ¼ turn left (end weight on left)

### **CROSS ROCK, REPLACE, SIDE SHUFFLE ¼ RIGHT, STEP FORWARD, ½ PIVOT, STEP FORWARD, ¼ PIVOT**

1-2-3&4 Cross rock right over left, rock back on left, step right to right, step left beside right, turn ¼ turn right on right  
5-6-7-8 Step forward left, pivot ½ turn right, step forward left, pivot ¼ turn right (end weight on right)

### **CROSS ROCK, REPLACE, SIDE SHUFFLE ¼ RIGHT, STEP FORWARD, ½ PIVOT, STEP FORWARD, ¼ PIVOT**

1-2-3&4 Cross rock left over right, rock back on right, step left to left, step right beside left, turn ¼ turn left on left  
5-6-7-8 Step forward right, pivot ½ turn left, step forward right, pivot ¼ turn left (end weight on left)

### **CROSS, SIDE, SAILOR, CROSS, SIDE, SAILOR**

1-2-3&4 Cross right over left, step left to left, cross right behind left, rock left to left, rock weight centre on right  
5-6-7&8 Cross left over right, step right to right, cross left behind right, rock right to right, rock weight centre on left

### **CROSS, ¼, COASTER, CROSS/SIDE/HEEL, CROSS/SIDE/TOUCH TO SIDE**

1-2-3&4 Cross right over left, step left to left turning ¼ turn right, step back right, step left beside right, step forward right  
5&6-7&8 Travel forward - cross left over right, step right to right touching left heel forward, cross right over left, step left to left touching right toe to right side

### **TAGS**

At the end of wall 1

1-2-3-4 Cross hitch right over left, touch right to right, cross hitch right over left, touch right to right

On wall 3 only do the first 32 counts and add 4 count tag. Then start dance on side wall

On wall 5 only do the first 16 counts then add the following:

1-2-3&4 Step forward right, pivot ¼ turn left, cross right over left, hold with a double clap  
5-6-7&8 Rock left to left, rock weight to right, cross left over right, hold with a double clap  
1-2-3&4 Rock right to right, rock weight to left, cross right over left, hold with a double clap (end weight right)  
5-6-7&8 Rock forward left, back on right, left coaster (back left, step right beside left, step forward left)  
1-2-3-4 Step forward right, pivot ½ turn left, step forward right, pivot ½ turn left  
Restart dance as normal with no tags to end

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