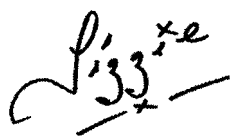




Approved by:



This Train

2 WALL LINE - 32 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Right Strut, Cross Strut, Scissor Step, Left Strut, Cross Strut, Scissor Step 1/4		
1 &	Step right toe to right side. Drop right heel taking weight.	Right Strut	Right
2 &	Cross left toe over right. Drop left heel taking weight.	Cross Strut	
3 & 4	Rock right to right side. Recover onto left. Cross step right over left.	Scissor Step	Left
5 &	Step left toe to left side. Drop left heel taking weight.	Left Strut	
6 &	Cross right toe over left. Drop right heel taking weight.	Cross Strut	
7 & 8	Rock left to left side. Recover onto right making 1/4 turn right. Step left forward.	Scissor Turn	Turning right
Section 2	Mambo Forward, Coaster Step, Rock 1/4 Turn, Cross Shuffle		
1 & 2	Rock right forward. Recover onto left. Step right beside left.	Mambo Forward	On the spot
3 & 4	Step left back. Step right beside left. Step left forward.	Coaster Step	
5 & 6	Rock right forward. Recover onto left. Make 1/4 turn right stepping right to side.	Rock 1/4 Turn	Turning right
7 & 8	Cross left over right. Step right to right side. Cross left over right.	Cross Shuffle	Right
Section 3	Half Rumba Box, Rock 1/4 Turn, Cross Shuffle, Half Rumba Box		
1 & 2	Step right to right side. Close left beside right. Step right forward.	Side Together Step	Forward
3 & 4	Rock left forward. Recover onto right. Make 1/4 turn left stepping left to side.	Rock 1/4 Turn	Turning left
5 & 6	Cross right over left. Step left to left side. Cross right over left.	Cross Shuffle	Left
7 & 8	Step left to left side. Close right beside left. Step left forward.	Side Together Step	Forward
Section 4	Charleston Step, Rock 1/4 Turn, & Side Rock		
1 - 2	Touch right toe forward. Step right back.	Forward Back	On the spot
3 - 4	Touch left toe back. Step left forward.	Back Forward	
5 - 6	Rock right forward. Recover onto left. Make 1/4 turn right stepping right to side.	Rock 1/4 Turn	Turning right
& 7 - 8	Step left beside right. Rock right to right side. Recover onto left.	& Right Rock	On the spot

Choreographed by: Liz Clarke (Scotland) June 2009

Choreographed to: 'This Train' by Ruby Turner (172 bpm) from CD Single (not the album version);
also available as download from amazon and iTunes (8 count intro - after the words 'All Aboard ...')

Choreographer's Note: Dedicated to Laurent, who just loves this music.