

I Am The Train

34 Count, 4 Wall, Improver

Choreographer: Diana Dawson (Scotland) Nov 2015

Choreographed to: I Am The Train by George Inglis
(103 bpm – Amazon, iTunes)

16 count intro from beginning

Right Heel, Toe, Step, Scuff, Brush Back, Scuff forward, Shuffle forward

- 1.2 Touch Right Heel forward. Touch Right Toes back
- 3.4 Step forward on Right. Scuff left forward
- 5.6 Brush Left back in front of Right shin. Scuff Left forward
- 7&8 Left Shuffle forward stepping Left, Right, Left.

Forward Rock, Shuffle back x2, Back Rock

- 1.2 Rock forward on Right. Recover onto Left
 - 3&4 Right Shuffle back stepping Right, Left, Right.
 - 5&6 Left Shuffle back stepping Left, Right, Left.
 - 7.8 Rock back on right. Recover onto Left
- (Option: Steps 3&4 and 5&6 – two turning shuffles, half turn right each)

Right Kick Ball Change , Right Side Rock, Cross Shuffle, Left Side rock

- 1&2 Kick Right foot forward. Step Right beside left. Step onto Left foot
- 3.4 Rock out to Right side. Recover onto Left
- 5&6 Cross Right over Left. Step Left to Left side, Cross Right over Left
- 7.8 Rock out to left side. Recover onto Right

Left behind & cross, Monterey Quarter turn, Jazzbox

- 1&2 Step Left behind right. Step Right to Right side. Cross Left over Right
- 3.4 Point Right to Right side. Quarter turn Right stepping Right beside Left [3:00]
- 5.6 Point Left to Left side. Step Left beside Right
- 7.8 Cross Right over Left. Step back on Left
- 9.10 Step Right to Right Side. Step Left beside Right

TAG: at the end of Wall 1 (facing 3 o'clock) and Wall 3 (facing 9 o'clock)**Rocking chair**

- 1.2 Rock forward on Right. Recover onto Left
- 3.4 Rock back on Right. Recover onto Left

Choreographer's Note:

This dance was written to celebrate the return of the Borders Railway - the longest new domestic railway to be constructed in Britain for over 100 years. After almost 50 years without a train service in this part of the world, trains finally returned in September 2015

The dance is choreographed to I AM THE TRAIN, an original song by George Inglis.

Music and story video is on VIMEO <https://vimeo.com/138161184>