

Train Swing

Niels Poulsen

Social A

32 counts, 4 wall

Music: "Lover Please" by Bill Swan

R SIDE ROCK, R CROSS SHUFFLE, BOX ½ R, L CHASSÉ

1-2 Rock R to R side (1), recover onto L (2) 12:00

3&4 Cross R over L (3), step L to L side (&), cross R over L (4) 12:00

5-6 Turn ¼ R stepping back on L (5), turn ¼ R stepping FORWARD on R (6) 6:00

7&8 Step L to L side (7), step R next to L (&), step L to L side (8) 6:00

R BACK ROCK, R KICK BALL CROSS X 2, R SIDE ROCK ¼ L

1-2 Rock back on R (1), recover onto L (2) 6:00

3&4 Kick R fwd (3), step R next to L (&), cross L slightly over R (4) 6:00

5&6 Kick R fwd (5), step R next to L (&), cross L slightly over R (6) 6:00

7-8 Rock R to R side (7), turn ¼ L when recovering onto L (8) 3:00

CROSS POINT, CROSS POINT, R JAZZ BOX, CROSS

1-4 Cross R over L (1) point L to L side (2), cross L over R (3), point R to R side (4) 3:00

5-8 Cross R over L (5), step back on L (6), step R to R side (7), cross L over R (8) 3:00

R STEP DIAGONAL, TOGETHER, HEEL BOUNCES X 2, REPEAT TO L DIAGONAL

1-2 Step R into R diagonal (body stays facing 3:00) (1), step L next to R (2)

&3&4 Lift both heels off the floor (&), push heels into floor and clap hands (3), repeat heel bounces and clap hands (&4) 3:00

5-6 Step L into L diagonal (body stays facing 3:00) (5), step R next to L (6)

&7&8 Lift both heels off the floor (&), push heels into floor and clap hands (7), repeat heel bounces and clap hands (&8) 3:00

