



Gravy Train (Ahh Bisto)

32 Count. 4 Wall. Absolute Beginner

Choreographed by David Sinfield (UK) & Rob Fowler (ES/UK) & I.C.E. Nov 2020

Choreographed to

Gravy (For My Mashed Potatoes) by Dee Dee Sharp. 2m.04s. 132bpm

Intro: 16 Counts. Approx 9 Secs.

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S1 GRAPEVINE RIGHT, TOUCH, HIP BUMPS LEFT, HIP BUMPS RIGHT

1,2,3 Step right to right side, cross left behind right, step right to right side

4 Touch left beside right

5&6 Bump hips left, right, left

7&8 Bump hips right, left, right12:00

S2 GRAPEVINE LEFT, TOUCH, HIP BUMPS RIGHT, HIP BUMPS LEFT

1,2,3 Step left to left side, cross right behind left, step left to left side

4 Touch right beside left

5&6 Bump hips right, left, right

7&8 Bump hips left, right, left12:00

S3 WALK FORWARD x3, KICK, WALK BACK x3, TOUCH

1,2,3 Walk forward right, left, right

4 Kick left foot forward

5,6,7 Walk back left, right, left

8 Touch right beside left12:00

S4 PIVOT 1/8 TURN LEFT x2, JAZZ JUMP FORWARD, CLAP, JAZZ JUMP BACK, CLAP

1,2 Step right forward, pivot 1/8 turn left

3,4 Step right forward, pivot 1/8 turn left

&5,6 Small jump forward on right, small jump forward on left, clap hands

&7,8 Small jump back on right, small jump back on left, clap hands9:00

Start Over

Happy Dancing

OPTIONAL HAND AND ARM MOVEMENTS

On section 1 during the hip bumps - two right mashed potatoes (right fist on top), then two left mashed potatoes (left fist on top)

On section 2 during the hip bumps - do finger rolls with one hand on elbow and the other forearm vertical, rotating wrist with index finger extended upwards



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