

On A Train

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Choreographed by: Bracken Heidenreich (USA) Sept 2021

Choreographed to: Ridin' On A Train by Keb' Mo'

Intro: 4 Counts. Start at approx 2 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	HEEL GRIND, OFF-SYNC'D COASTER STEP x 2
1-2	Grind Right heel forward (or rock Right forward), Recover on Left in place
&3-4	Step Right back (on ball), Step Left next to right (on ball), Step Right forward
5-6	Grind Left heel forward (or rock Left forward), Recover on Right in place
&7-8	Step Left back (on ball), Step Right next to left (on ball), Step Left forward
SEC 2	TOE, HEEL, HOOK, STEP, TOE, HEEL, HOOK, STEP, FLICK, STEP, HOOK, STEP, SCUFF, HITCH, STOMP
1&	Tap Right toes with right knee turned in, Tap Right heel forward with knee turned out
2&	Hook Right across left shin, Step Right forward
3&	Tap Left toes with left knee turned in, Tap Left heel forward with knee turned out
4&	Hook Left across right shin, Step Left forward
5&	Flick Right behind left calf, Step Right back
6&	Hook Left across right shin, Step Left forward
7&8	Scuff Right forward, Hitch Right knee, Stomp Right forward (allow body to open toward 9:00 wall for styling)
SEC 3	1/4 PUSH ROCK, CROSS SIDE, CROSS, SLIDE RIGHT, BALL CHANGE, FORWARD
1-2	Turn ¼ right stepping Left to left and pushing hips to left, Recover on Right in place (3:00)
&3-4	Step Left across right, Step Right to right side, Step Left across right
5-6	Large step Right to right side, Drag Left to touch next to right
&7-8	Step ball of Left back, Step Right in place, Step Left forward
SEC 4	HIP BUMPS, KICK & BACK, ROLL & BACK, BACK ROCK
1&2&	Touch Right next to left and bump hips right-center-right-center (in a C shape for styling)
3&4	Kick Right forward, & Step Right in place, Touch Left back
5	Transfer weight back on Left (option roll body)
&6	Step Right back next to left, Step Left back (option roll body)
7-8	Rock Right back, Recover on Left in place

