

# THE LOCOMOTION

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**Count:** 32                      **Wall:** 4                      **Level:** beginner

**Choreographer:** Jo & Rita Thompson

**Music:** Locomotion by Scooter Lee

## "TRAIN STEP" - ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, ROCK FORWARD, RECOVER, TRIPLE IN PLACE (OR COASTER STEP)

- 1-2            Rock forward with right foot, replace weight back to left foot
- 3-4            Rock back with right foot, replace weight forward to left foot
- 5-6            Rock forward with right foot, replace weight back to left foot
- 7&8            Step together with right foot, step in place with left foot, step in place with right foot

**For a lower impact version, step together on count 7, hold count 8. For more experienced dancers, counts 7&8 can be done as a coaster step by stepping back on count 7, together on &,forward on 8**

## "TRAIN STEP" - ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, ROCK FORWARD, RECOVER, TRIPLE IN PLACE (OR COASTER STEP)

- 1-2            Rock forward with left foot, replace weight back to right foot
- 3-4            Rock back with left foot, replace weight forward to right foot
- 5-6            Rock forward with left foot, replace weight back to right foot
- 7&8            Step together with left foot, step in place with right foot, step in place with left foot

**For a lower impact version, step together on count 7, hold count 8. For more experienced dancers, counts 7&8 can be done as a coaster step by stepping back on count 7, together on &,forward on 8**

## VINE RIGHT, TOUCH, VINE LEFT, ¼ TURN LEFT, TOUCH

- 1-4            Step right foot to right side, step left foot crossed behind right, step right foot to right side, touch left foot beside right
- 5-8            Step left foot to left side, step right foot crossed behind left, turn ¼ left, step forward with left foot, touch right foot beside left

**Optional: clap on counts 4 and 8 as you touch**

## **VINE RIGHT, TOUCH, VINE LEFT, TOUCH**

- 1-4** Step right foot to right side, step left foot crossed behind right, step right foot to right side, touch left foot beside right
- 5-8** Step left foot to left side, step right foot crossed behind left, step left foot to left side, touch right foot beside left

**Optional: clap on counts 4 and 8 as you touch**

## **REPEAT**