

SUGAR TRAIN (OFF THE TRACK)

LINEDANCE.COM

Count: 32

Wall: 2

Level: beginner

Choreographer: Bill McGee & Candy Buker

Music: The Sugar Train Song by ???

HEEL, HEEL, AND HEEL, HEEL, SHUFFLE BACK, ROCK STEP

- 1-2 Touch right heel forward twice
- &3-4 Step right next to left, touch left heel forward twice
- 5&6 Step back on left, step right beside left, step back on left
- 7-8 Rock back on right, recover onto left

HEEL, HEEL, AND HEEL, HEEL, SHUFFLE BACK, ROCK STEP

- 1-2 Touch right heel forward twice
- &3-4 Step right next to left, touch left heel forward twice
- 5&6 Step back on left, step right beside left, step back on left
- 7-8 Rock back on right, recover onto left

STEP, BEHIND, &, CROSS, STEP, STEP, BEHIND, & CROSS, TURN

- 1-2 Step right to right, step left behind right
- &3-4 Step right to right, cross step left over right, step right to right
- 5-6 Step left to left, step right behind left
- &7-8 Step left to left, cross step right over left, step left to left making $\frac{1}{4}$ turn left

STEP, CLAP, &, STEP, CLAP, CLAP, ROCK, RECOVER, TURNING SAILOR STEP

- 1-2& Step forward on right, hold and clap, step left next to right
- 3&4 Step forward on right, clap, clap
- 5-6 Rock forward on left, recover on right
- 7&8 Making $\frac{1}{4}$ turn left step back on left, step right to right, step forward on left

REPEAT