

Trainyard Blues

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Count: 48

Wall: 4

Level: High Beginner

Choreographer: Jan Brookfield - March 2020

Music: "Trainyard Blues" by Larry Alderman (120bpm)

Start after 16 counts

Section 1 : HIP BUMPS RIGHT, LEFT, RIGHT, LEFT; REVERSE ROCKING CHAIR

- 1,2,3,4** Step R to right side bumping hips right, transfer weight onto L bumping hips left, transfer weight onto R bumping hips right, transfer weight onto L bumping hips left
- 5,6,7,8** Rock R back, recover forward onto L, rock R forward, recover back onto L

Section 2 : BACK SHUFFLE, ROCK BACK, RECOVER; FORWARD SHUFFLE, ¼ PIVOT TURN

- 1&2,3,4** Shuffle back on R,L,R, rock L back, recover onto R
- 5&6,7,8** Shuffle forward on L,R,L, step R forward, pivot quarter turn left (weight on L facing 9 o'clock)

Section 3 : CROSS ROCK, RECOVER, CHASSE RIGHT; CROSS ROCK, CHASSE LEFT

- 1,2,3&4** Rock R across in front of L, recover onto L; chasse right on R,L,R
- 5,6,7&8** Rock L across in front of R, recover onto R; chasse left on L,R,L

Section 4 : SIDE, TOUCH, SIDE, TOUCH; ROCK BACK, RECOVER, ½ TURN SHUFFLE LEFT

- 1,2,3,4** Step R to right side, touch L next to R; step L to left side, touch R next to L
- 5,6,7&8** Rock R back, recover onto L; shuffle half turn over left shoulder on R,L,R (3 o'clock)

Section 5 : ROCK BACK, RECOVER, SHUFFLE FORWARD; "V" STEP

- 1,2,3&4** Rock L back, recover onto R; shuffle forward on L,R,L
- 5,6,7,8** Step R forward angled right, step L forward angled left; step R back in place, step L back in place

Section 6 : CHASSE RIGHT, ROCK BACK, RECOVER; CHASSE LEFT, ROCK BACK, RECOVER

- 1&2,3,4** Chasse to right on R,L,R; rock L back, recover onto R
- 5&6,7,8** Chasse to left on L,R,L; rock R back, recover onto L

START AGAIN