

# I Am The Train

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**Count:** 34                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Diana Dawson (Scotland) Nov. 2015

**Music:** I Am The Train by George Inglis. CD: Single - Amazon & iTunes (103 bpm )

## #16 count intro from beginning

### Right Heel, Toe, Step, Scuff, Brush Back, Scuff forward, Shuffle forward

- 1-2            Touch Right Heel forward. Touch Right Toes back
- 3-4            Step forward on Right. Scuff left forward
- 5-6            Brush Left back in front of Right shin. Scuff Left forward
- 7&8           Left Shuffle forward stepping Left, Right, Left.

### Forward Rock, Shuffle back x2, Back Rock

- 1-2            Rock forward on Right. Recover onto Left
- 3&4           Right Shuffle back stepping Right, Left, Right.
- 5&6           Left Shuffle back stepping Left, Right, Left.
- 7-8            Rock back on right. Recover onto Left

### (Option: Steps 3&4 and 5&6 - two turning shuffles, half turn right each)

### Right Kick Ball Change , Right Side Rock, Cross Shuffle, Left Side rock

- 1&2           Kick Right foot forward. Step Right beside left. Step onto Left foot
- 3-4            Rock out to Right side. Recover onto Left
- 5&6            Cross Right over Left. Step Left to Left side, Cross Right over Left
- 7-8            Rock out to left side. Recover onto Right

### Left behind & cross, Monterey Quarter turn, Jazz-box

- 1&2            Step Left behind right. Step Right to Right side. Cross Left over Right
- 3-4            Point Right to Right side. Quarter turn Right stepping Right beside Left [3:00]
- 5-6            Point Left to Left side. Step Left beside Right
- 7-8            Cross Right over Left. Step back on Left
- 9-10          Step Right to Right Side. Step Left beside Right

## **Start Again**

**TAG: at the end of Wall 1 (facing 3 o'clock) and Wall 3 (facing 9 o'clock)**

## **Rocking chair**

**1-2** Rock forward on Right. Recover onto Left

**3-4** Rock back on Right. Recover onto Left

## **Choreographer's Note:**

**This dance was written to celebrate the return of the Borders Railway - the longest new domestic railway to be constructed in Britain for over 100 years.**

**After almost 50 years without a train service in this part of the world, trains finally returned in September 2015**

**The dance is choreographed to I AM THE TRAIN, an original song by George Inglis.**

**Music and story video is on VIMEO <https://vimeo.com/138161184>**