

LONG TRAIN RUNNING

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Count: 48

Wall: 4

Level: intermediate

Choreographer: Doug & Jackie Miranda

Music: Long Train Running by Bananarama

DIAGONAL STEPS FORWARD RIGHT AND LEFT, TOE TOUCH, STEP; DIAGONAL STEPS FORWARD LEFT, RIGHT, TOE TOUCH, STEP

- 1-4** Step right forward at an angle (diagonally), step left diagonally, touch right toe diagonally to right, bring weight down on right
- 5-8** Step left forward at an angle (diagonally), step right diagonally, touch left toe diagonally to left, bring weight down on left

¼ TURN LEFT, RECOVER ¼ TURN RIGHT, ½ TURN RIGHT, SHUFFLE, ½ TURN RIGHT, SHUFFLE BACK, ROCK RECOVER

- 1-2** Turn ¼ left as you step right to right side, recover back on left as you turn ¼ right
- 3&4** Turn ½ turn right and shuffle right, left, right
- 5&6** Make a ½ turn right as you shuffle back left, right, left
- 7-8** Rock back on right, recover forward on left

FULL TURN LEFT, STEP LOCK FORWARD, FULL TURN RIGHT, STEP LOCK FORWARD

- 1-2** Turn full turn left traveling forward by stepping back on right as you turn ½ left, turn ½ left stepping left forward
- 3&4** Step lock forward right, left, right
- 5-6** Turn full turn right traveling forward by stepping back on left as you turn ½ right, turn ½ right stepping right forward
- 7&8** Step lock forward left, right, left

¼ TURN LEFT PADDLE TURN TWICE, CROSS SHUFFLES, ¼ TURN RIGHT PADDLE TURN TWICE, CROSS SHUFFLES

- 1&2** Turn ¼ left on ball of left as you point right to right side, slightly hitch right and turn ¼ left on ball of right as you point right to right
- 3&4** Cross right over left, step left to left side, cross right over left

- 5&6** Turn ¼ right on ball of right as you point left to left side, slightly hitch left and turn ¼ right on ball of left as you point left to left
- 7&8** Cross left over right, step right to right side, cross left over right

**SYNCOPATED SIDE POINTS, ¼ TURN RIGHT, KICK STEP POINT, ½ TURN LEFT
MONTEREY, POINT**

- 1&2** Point right to right side, step right next to left, point left to left side
- &3-4** Step left next to right, point right to right side, turn ¼ right as you lean back on left (weight ends on left)
- 5&6** Kick right forward, step down on right next to left, point left to left side
- 7-8** Turn ½ left on ball of right and step down on left (weight on left), point right to right side

**SIDE STEP LEFT, HEEL BOUNCES X 3 TURNING ¼ TURN RIGHT, HEEL JACK WITH ¼ TURN
RIGHT, HEEL JACK TOUCH**

- &1** Step right next to left, step left to left side (weight on left)
- 2-4** As you bounce on heels of both feet, bounce three times to complete a ¼ turn right, weight ending back on left
- &5&6** Step back on right, touch left heel forward, step down on left, turn ¼ right on ball of left and touch right next to left
- &7&8** Step back on right, touch left heel forward, step down on left, touch right next to left

REPEAT

ENDING

To end the dance to the front wall, do the following: you will know the music is ending when you hear the music start to fade. You will be at the back wall. Dance set 1 and counts 1-6 of set 2. To face the front, you will continue to turn ½ right and stomp forward on right and hold