THE LOCOMOTION

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