

# THE LOCOMOTION

**Choreographer:** Jo & Rita Thompson

**Description:** 32 counts, 4 walls, Beginner Line Dance

**Music:** Locomotion by Country Swingers

**Intro:** 32 counts (00:17)

## **"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 more experienced dancers, counts 7&8 can be done as a coaster step

## **"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 more experienced dancers, counts 7&8 can be done as a coaster step

## **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 side, step right behind, 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**

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