

The Locomotion

Count: 32

Wall: 4

Level: beginner

Choreographer: Jo Thompson Szymanski (USA) & Rita Thompson (USA)

Music: Locomotion - 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
