

Long Train Running

Choreographed by Doug and Jackie Miranda

2267 Century Avenue, Riverside, CA 92506 (909) 276-4459 Fax: (909) 276-4463

E:mail: BonanzaB@aol.com Web Site: www.djdancing.com

48 Count, 4 Wall Intermediate Line Dance

116 BPM

Music: Long Train Running by Bananarama (CD: D.J.'s dance club)

Note: This version of the song from the D.J.'s dance club CD, track #8 does not have a break in the song and is the preferred version

COUNTS STEP DESCRIPTION

Set 1 : Diagonal Steps Forward R and L, Toe Touch, Step; Diagonal Steps Forward L, R, Toe Touch, Step

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

Set 2 : 1/4 Turn L, Recover 1/4 turn R, 1/2 Turn R, Shuffle, 1/2 Turn R, Shuffle Back, Rock, Recover

- 1-2 Turn 1/4 L as you step R to R side, recover back on L as you turn 1/4 R
3&4 Turn 1/2 turn R and shuffle R, L, R
5&6 Make a 1/2 turn R as you shuffle back L, R, L
7-8 Rock back on R, recover forward on L

Set 3 : Full Turn L, Step Lock Forward, Full Turn R, Step Lock Forward

- 1-2 Turn full turn L traveling forward by stepping back on R as you turn 1/2 L, turn 1/2 L stepping L forward
3&4 Step lock forward R, L, R
5-6 Turn full turn R traveling forward by stepping back on L as you turn 1/2 R, turn 1/2 R stepping R forward
7&8 Step lock forward L, R, L

Set 4 : 1/4 Turn L Paddle Turn x 2, Cross Shuffles, 1/4 Turn R Paddle Turn x 2, Cross Shuffles

- 1&2 Turn 1/4 L on ball of L as you point R to R side, slightly hitch R and turn 1/4 L on ball of R as you point R to R
3&4 Cross R over L, step L to L side, cross R over L
5&6 Turn 1/4 R on ball of R as you point L to L side, slightly hitch L and turn 1/4 R on ball of L as you point L to L
7&8 Cross L over R, step R to R side, cross L over R

Set 5 : Syncopated Side Points, 1/4 Turn R, Kick Step Point, 1/2 Turn L Monterey, Point

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

Set 6 : Side Step L, Heel Bounces x 3 Turning 1/4 Turn R, Heel Jack with 1/4 Turn R, Heel Jack Touch

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

START AGAIN!

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 1/2 R and stomp forward on R and hold.