

# Train Swing

Count: **32**                      Wall: **4**                      Level: **Beginner**

Koreograf: **Niels Poulsen (DK)** - July 2019

Music: **Lover Please by Billy Swan. 143 bpm. : 2.49. Album 'Greatest Hits'. iTunes etc**

**Start with weight on L foot**  
**OBS!!! NO TAGS – NO RESTARTS!**

**Intro: 16 counts. App. 7 secs. into track.**

## **R side rock, R cross shuffle, box ½ R, L chassé**

- 1 – 2      Rock R to R side (1), recover onto L (2) 12:00
- 3&4      Cross R over L (3), step L to L side (&), cross R over L (4) 12:00
- 5 – 6      Turn ¼ R stepping back on L (5), turn ¼ R stepping FORWARD on R (6) 6:00
- 7&8      Step L to L side (7), step R next to L (&), step L to L side (8) 6:00

## **R back rock, R kick ball cross X 2, R side rock ¼ L**

- 1 – 2      Rock back on R (1), recover onto L (2) 6:00
- 3&4      Kick R fwd (3), step R next to L (&), cross L slightly over R (4) 6:00
- 5&6      Kick R fwd (5), step R next to L (&), cross L slightly over R (6) 6:00
- 7 – 8      Rock R to R side (7), turn ¼ L when recovering onto L (8) 3:00

## **Cross point, cross point, R jazz box, cross**

- 1 – 4      Cross R over L (1) point L to L side (2), cross L over R (3), point R to R side (4) 3:00
- 5 – 8      Cross R over L (5), step back on L (6), step R to R side (7), cross L over R (8) 3:00

## **R step diagonal, together, heel bounces X 2, repeat to L diagonal**

- 1 – 2      Step R into R diagonal (body stays facing 3:00) (1), step L next to R (2) ...  
**Fun styling: swing both hands backwards brushing hips (1), swing both hands forwards brushing hips (2) 3:00**
- &3&4      Lift both heels off the floor (&), push heels into floor and clap hands (3),  
repeat heel bounces and clap hands (&4) 3:00
- 5 – 6      Step L into L diagonal (body stays facing 3:00) (5), step R next to L (6) ...  
**Fun styling: swing both hands backwards brushing hips (5),  
swing both hands forwards brushing hips (6) 3:00**
- &7&8      Lift both heels off the floor (&), push heels into floor and clap hands (7),  
repeat heel bounces and clap hands (&8) 3:00

**Start Again!**

**Ending When doing wall 12 you automatically finish counts 25 - 32 facing 12:00**