

# Train Swing



Choreographed by: Niels Poulsen (DK, July 2019)

Music: **Lover Please** by **Billy Swan** (CD: Greatest Hits, 143 BPM, 2.49 minutes)

Type: 4 wall, 32 counts

Level: Beginner

NOTES Intro: 16 counts

## **[1 – 8] SIDE ROCK, CROSS SHUFFLE, ½ TURN RIGHT BOX, CHASSÉ**

1 – 2 Rock right to right side, recover onto left.

3 & 4 Cross right over left, step left to left side, cross right over left.

5 – 6 Make ¼ turn right stepping back on left, make ¼ turn right stepping right forward. [6:00]

7 & 8 Step left to left side, step right next to left, step left to left side.

## **[9 – 16] BACK ROCK, KICK-BALL-CROSS X2, SIDE ROCK WITH ¼ LEFT**

1 – 2 Rock back on right, recover onto left.

3 & 4 Kick right forward, step right next to left, cross left slightly over right.

5 & 6 Kick right forward, step right next to left, cross left slightly over right.

7 – 8 Rock right to right side, turn ¼ left when recovering onto left. [3:00]

## **[17 – 24] CROSS, POINT, CROSS, POINT, JAZZ-BOX WITH CROSS**

1 – 2 Cross right over left, point left to left side.

3 – 4 Cross left over right, point right to right side.

5 – 8 Cross right over left, step back on left, step right to right side, cross left over right.

## **[25 – 32] STEP RIGHT DIAGONAL, TOGETHER, HEEL BOUNCES & CLAPS X2, REPEAT TO LEFT**

1 – 2 Step right into right diagonal (body stays facing 3 o'clock), step left next to right.

&3&4 Lift both heels of the floor, push heels onto floor & clap, repeat.

5 – 6 Step left into left diagonal (body stays facing 3 o'clock), step right next to left.

&7&8 Lift both heels of the floor, push heels onto floor & clap, repeat.

*Styling for steps 1 – 2 and 5 – 6:*

*Swing both hands backwards brushing hips, swing both hands forwards brushing hips.*

Start again!