



*Instructor: Ryan Dobry-Hunt
440 East Bay Blvd. S.
Traverse City, MI 49686
231-947-6311*

RYANDANCER@aol.com

The Locomotion

Choreographed by Jo & Rita Thompson

Description: 32 count, 4 wall, beginner line dance

Music: Locomotion by Scooter Lee [188 bpm / CD: Moving On Up / Available on iTunes]

We Are Family by Scooter Lee [CD: / Available on iTunes]

Sweet Home New Orleans by Scooter Lee [130 bpm / CD: Walking On Sunshine / Available on iTunes]

Pretend by Scooter Lee [CD: / Available on iTunes]

Start dancing on lyrics

"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

