

Step Descriptions

The Locomotion (Starter)

Level 1

32 Count 4 Wall Starter/Beginner Line Dance
Choreographed 9/22/04 by Jo and Rita Thompson

Music: "Locomotion" by Scooter Lee (Also goes well to "We Are Family", "634-5789", "Sweet Home New Orleans", and "Pretend" all by Scooter Lee on the Walking On Sunshine CD)

To order Scooter's music, visit www.scooterlee.com or call 800-531-4379

"TRAIN STEP" – ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, ROCK FORWARD, RECOVER, TRIPLE IN PLACE (or Coaster Step)

- 1-2 Rock forward with Right foot (1), Replace weight back to Left foot (2).
- 3-4 Rock back with Right foot (3), Replace weight forward to Left foot (4).
- 5-6 Rock forward with Right foot (5), Replace weight back to Left foot (6).
- 7&8 Step together with Right foot (7), Step in place with Left foot (&), Step in place with Right foot (8).
Note: 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 (1), Replace weight back to Right foot (2).
- 3-4 Rock back with Left foot (3), Replace weight forward to Right foot (4).
- 5-6 Rock forward with Left foot (5), Replace weight back to Right foot (6).
- 7&8 Step together with Left foot (7), Step in place with Right foot (&), Step in place with Left foot (8).
Note: 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 (1), Step Left foot crossed behind Right (2),
Step Right foot to Right side (3), Touch Left foot beside Right (4).
- 5-8 Step Left foot to Left side (5), Step Right foot crossed behind Left (6),
Turn ¼ Left, step forward with Left foot (7), Touch Right foot beside Left (8). Optional Clap on counts 4 and 8 as you touch.

VINE RIGHT, TOUCH, VINE LEFT, TOUCH

- 1-4 Step Right foot to Right side (1), Step Left foot crossed behind Right (2), Step Right foot to Right side (3), Touch Left foot beside Right (4).
- 5-8 Step Left foot to Left side (5), Step Right foot crossed behind Left (6), Step Left foot to Left side (7), Touch Right foot beside Left (8).
Optional Clap on counts 4 and 8 as you touch.

Start again.

