

## RIDE THE TRAIN

**Choreographers:** Mary and Bob Townsend-Manning  
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**Music:** Ride the Train Artist: Alabama Album: Feels So Right 3:46 @ 45 rpm  
Cut at 2:46, Fade from 2:40, Remove first 18 seconds, then Slow to 44 rpm

**Footwork:** Opposite, except where noted. Locks refer to Latin locks.

**Rhythm/Level:** Cha III+1 (Aida) Released Aug 2018

**Sequence:** Intro A B C A B Brg B End

### INTRODUCTION

- 1---6** {OP FCG WALL NO HANDS} WAIT;; CHASE;;;  
1-2 {OP FCG WALL no hands joined} Wait;;  
3-4 Fwd L comm RF trn, rec R comp RF trn, fwd L/lk R, fwd L (W Bk R, rec L, fwd R, lk L, fwd R); Fwd R comm LF trn, rec L comp LF trn, fwd R/lk L, fwd R (W Fwd L comm RF trn, rec R comp RF trn, fwd L/lk R, fwd L);  
5-6 Fwd L, rec R, bk L/lk R, bk L (W Fwd R comm LF trn, rec L comp LF trn, fwd R/lk L, fwd R); Bk R, rec L, fwd R/lk L, fwd R (W Fwd L, rec R, bk L/lk R, bk L);
- 7—10** TIME STP 2X;; CIRC AWAY & TOG TO OP;;  
7-8 XLib, rec R, sd L/cl R, sd L; XRib, rec L, sd R/cl L, sd R;  
9-10 Circ CCW (W CW) away from ptr fwd L, fwd R, fwd L/lk R, fwd L; Cont circ back toward ptr fwd R, fwd L, fwd R/lk L, fwd R to OP LOD;

### PART A

- 1---4** SLIDING DOORS 2X;; FWD & BK BASIC TO FC;;  
1-2 Allowing W to pass in front sd L, rec R, XLif/sd R, XLif to LOP LOD; Sd R, rec L, XRif/sd L, XRif to OP LOD;  
3-4 Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R to fc ptr BFLY WALL;
- 5---8** TRAVLG DOORS 2X;; 2 CUCARACHAS;;  
5-6 Sd L, rec R, XLif/sd R, XLif; Sd R, rec L, XRif/sd L, XRif;  
7-8 Sd press L, rec R, sip L/sip R, sip L; Sd press R, rec L, sip R/sip L, sip R;
- 9+** NY IN 4; & PT.,\*  
9+ XLif with straight leg, rec R, sd L, cl R; Pt L toward LOD, hold,

### PART B

- 1---4** NY; CRAB WKS;; SPOT TRN;  
1 XLif with straight leg, rec R, sd L/cl R, sd L;  
2-3 XRif, sd L, XRif/sd L, XRif; Sd L, XRif, sd L/cl R, sd L;  
4 XRif comm LF trn, rec L comp LF trn, sd R/cl L, sd R;
- 5---8** CRAB WKS TO RLOD;; NY; FENCE LINE;  
5-6 XLif, sd R, XLif/sd R, XLif; Sd R, XLif, sd R/cl L, sd R;  
7-8 Repeat meas 1 of Part B; X ck R with soft knee, rec L, sd R/cl L, sd R;

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**PART C**

- 1---4**     **½ BASIC; UNDERARM TRN TO LARIAT;;;**  
1-2 Fwd L, rec R, sd L/cl R, sd L; XRib, rec L, sd R/cl L, sd R (W XLif comm RF trn under joined ld hnds, rec R comp RF trn to fc ptr, sd L/cl R, sd L);  
3-4 Sd L, rec R, cl L/sip R, sip L (W Under joined ld hnds fwd R, fwd L, fwd R/cl L, fwd R around M); Sd R, rec L, cl R/sip L, sip R (W Fwd L, fwd R, fwd L/cl R, fwd L to fc ptr);
- 5---8**     **REV UNDERARM TRN; SHOULDER TO SHOULDER 2X;; HND TO HND;**  
5 XLif, rec R, sd L/cl R, sd L (W XRif comm LF trn under joined ld hnds, rec L comp LF trn to fc ptr, sd R/cl L, sd R);  
6-7 XRif (W XLib), rec L, sd R/cl L, sd R; XLif (W XRib), rec R, sd L/cl R, sd L;  
8 Bk R trng ¼ RF, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R;
- 9+**        **BRK BK TO OP WITH EXTRA CHA;..\***  
9+ Bk L trng ¼ LF, rec R to OP LOD, fwd L/lk R, fwd L; Fwd R/lk L, fwd R,

**REPEAT PARTS A AND B**

**BRIDGE**

- +**        **& PT.,\***  
+ Repeat meas 10 of Part A.,

**REPEAT PART B**

**END**

- 1---4**     **CHASE;;;;**  
1-4 Repeat meas 3-6 of Intro;;;;
- 4---8**     **TIME STP 2X;; CIRC AWAY & TOG;;**  
5-8 Repeat meas 7-10 of Intro to BFLY WALLL;;;;
- 9—10**     **NY; AIDA & HOLD;**  
9-10 Repeat meas 1 of Part B; Thru R, sd L trng RF to bk to bk V with ptr, bk R/lk L, bk R; Hold Aida Line as music fades.

**\*Note: Measure 10 of Part A, measure 10 of Part C and the Bridge are all two beat measures.**

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HEAD CUES

INTRO

WAIT;;; CHASE;;; TIME STP 2X;; CIRC AWAY & TOG TO OP;;

A

SLIDING DOOR 2X;; FWD & BK BASIC TO FC;; TRAVLG DOOR 2X;;  
2 CUCARACHAS;; NY IN 4; & PT.,\*

B

NY; CRAB WKS;; SPOT TRN; CRAB WKS RLOD;; NY; FENCE LINE;

C

½ BASIC; UNDERARM TRN TO A LARIAT;;; REV UNDERARM TRN;  
SHOULDER TO SHOULDER 2X;; HND TO HND; BRK BK TO OP WITH EXTRA CHA,;,\*

A

SLIDING DOOR 2X;; FWD & BK BASIC TO FC;; TRAVLG DOOR 2X;;  
2 CUCARACHAS;; NY IN 4; & PT.,\*

B

NY; CRAB WKS;; SPOT TRN; CRAB WKS RLOD;; NY; FENCE LINE;

BRG

& PT.,\*

B

NY; CRAB WKS;; SPOT TRN; CRAB WKS RLOD;; NY; FENCE LINE;

END

CHASE;;; TIME STP 2X;; CIRC AWAY & TOG;; NY; AIDA & HOLD;

\*Measure 10 of Part A, Measure 10 of Part C and the Bridge all are two beat measures.