TRAIN OF LOVE

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Music: “The Train of Love”, Alma Cogan, Best of Alma Cogan CD, EMI Gold Trk #23 Time: 2:30
Seq: Intro, A, A MOD, B, A, C, A, END  Rhythm & Phase: Jive/Foxtrot Ph 4

INTRO

1-4

LOP FCG WALL WAIT 1; LINK ROCK-FALLAWAY RK;--;-
1  In LOP FCG Wall lead hands joined and lead feet free wait;
2  123a4  [Link RK] rk apt L, tog R, fwd L/clsls R, fwd L;
3  1a234  Sd R/clsls L, sd R to SCP LOD, [Fallaway Rock] rk bk L, rec R to fce ptnr;
4  1a23a4  Sd L/clsls R, sd L, sd R/clsls L, sd R SCP LOD;

PART A

1-5

JIVE WALKS-SWVL 4-THROWAWAY-CHG L TO R;--;--;
1  123a4  [Jive Walks] In SCP LOD rk bk L, rec R, fwd L/clsls R, fwd L;
2  1a234  Fwd R/clsls L, fwd R. [Swvl 4] swivel fwd L, R;
3  123a4  Swl fwd L, R, [Throwaway] fwd L/clsls R, fwd L ld hands turn W to fce (W fwd R/clsls L, fwd R trng LF to fce M);
4  1a23a4  Sd R/clsls L, sd R to end fce LOD ld hands joined, [Chg L to R] rk apt L, rec R raise ld hands to prep W's LF turn;
5  1a23a4  Sd and fwd L/clsls R, fwd L trng RF to Wall (W fwd R/clsls L, fwd R under joined lead hands trng LF to fce COH), sd R/clsls R, sd R to fce ptnr and Wall;

6-11

LINK ROCK-RT TRNG FALLAWAY--; RT TRNG FALLAWAY-FALLAWAY THROWAWAY--;--;
6  123a4  [Link RK] rk apt L, tog R, fwd L/clsls R, fwd L;
7  1a234  Sd R/clsls L, sd R to SCP LOD, [Rt Trng Fallaway] rk bk L, rec R;
8  1a23a4  Sd L/clsls R, sd L trng ½ RF to fce SCP RLOD, sd R twd LOD/clsls L, sd R;
9  1a23a4  [Rt Trng Fallaway] rk bk L, rec R, sd L/clsls R, sd L trng ½ RF to fce SCP LOD;
10  123a4  Sd R twd RLOD/clsls L, sd R, [Fallaway Throwaway] bdnd SCP LOD rk bk L, rec R;
11  1a23a4  Fwd L/clsls R, fwd L ld hands turn W to fce (W fwd R/clsls L, fwd R trng LF to fce M), sd R/clsls L, sd R to end fce LOD ld hands joined;

12-14

CHG L TO R-LINK ROCK--;-
12  123a4  [Chg L to R] rk apt L, rec R, Sd L/clsls R, sd L trng ¼ RF to fce Wall (W fwd R/clsls L, fwd R trng ¾ LF under joined lead hands to fce ptrn);
13  1a234  Sd R/clsls L, sd R, [Link RK] rk apt L, tog R;
14  1a23a4  Fwd L/clsls R, fwd L, sd R/clsls L, sd R to SCP LOD;

PART A MOD

1-13 ½

REPEAT MEASURES THRU CHG L TO R;---------;

13 ½-14

RK APT REC; SD CLS CP WALL;
34;1-3-  Rk apt L, rec R, sd L, -, clsls R, - CP Wall;

PART B-FOXTROT/JIVE

1-4

HOVER TELEMRK; HLF NAT; CLSD IMP; FEATH FNSH;
1-2 SQQ  Blnd CP Wall fwd L, -, sd and fwd R trng RF, rec fwd L to SCP DLW; fwd R trng RF fwd Wall, -, sd and fwd L twd Wall across W, bk R CP RLOD;
3-4 SQQ  Bk L trng RF, -, cont trng heel turn R, rec bk L CP; bk R, -, sd and fwd L, fwd R BJO DLC;

5-8

REVERSE TURN--; HVR 2; SD TCH-RT CHASSE;
5  SQQ  Fwd L blnd CP trng LF, -, sd R trng COH (W heel turn), bk L to CP RLOD;
6  SQQ  Bk R trng LF, -, sd L twd LOD, fwd R to BJO DLW;
7  SS  Fwd L blnd CP DLW, -, sd and fwd R slight rise, -;
8  123a4  Sd L, tch R to L, sd R/clsls L, sd R to SCP LOD;

PART C

1-4

FALLAWAY THROWAWAY HNDSHK-TRIPLE WHL 3 COH--;--;
1  123a4  [Fallaway Throwaway] Rk bk L, rec R, fwd L/clsls R, fwd L ld hnds trn W LF (W fwd R/clsls L, fwd R trng LF to fce M);
2  1a234  Sd R/clsls L, sd R to fce LOD handshake, [Triple Wheel 3] Rk apt L, rec R;
3  1a23a4  Fwd L/clsls R, fwd L wheel RF tch W's back with left hand (W rk apt R, rec L trng 1/4 LF wheel fwd R/clsls L, fwd R), cont RF wheel fwd R/clsls R, fwd L trng away from W (W fwd R/clsls L fwd R tch M's back with left hand);
4  1a23a4  Fwd L/R, L tch W's back fce COH (W cont wheel trng away from M R/L, R), in place R/L, R spin W RF to end fce COH lead hands joined (W spin RF L/R, L to face M);

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5-10 CHG HNDS BHND BK WALL-SOLE TAP;-;-; SAILOR SHUFFLE 2; VINE 8;-;
  5 123a4 [Chg Hands Bknd Bk] rk apt L, rec R, fwd L/csls R, fwd L take W's rt hand from M's left to rt hand bhnd M's bk tng ½ LF with W bhnd M's bk to fce (W rk apt R, rec L, fwd R/csls L fwd R bhnd M's bk tng ½ RF to fce Wall);
  6 1a234 Sd L/csls R, sd L join lead hands, [Sole Tap] rk apt L, rec R;
  7 123a4 Fwd L twd ptrn turn ¼ RF to fce RLOD, bend R leg to tch M's R shoe sole to W's L shoe sole raise free hands high over head twd ptrn, R/L,R apt turn ¼ LF to LOP M fce ptrn and Wall;
  8 1a23a4 [Sailor Shuffle] Join both hands in low BFLY XLIB/sd R, sd L, XRB/sd L, sd R;
  9-10 1234 [Vine 8] In BFLY Wall sd L, XRB, sd L, XRIF; repeat;

11-12 CHASSE LFT & RT SCP; RK REC-KICK BALL CHG;
  11 1a23a4 [Chasse L & R] Sd L/csls R, sd L, sd R/csls L, sd R blnd SCP LOD;
  12 123a4 [Rk Rec Kick Ball Chg] Rk bk L, rec R, kick L/take weight on ball of L, cls R;

END

1-6 RT TRNG FALLAWAY-RT TRNG FALLAWAY;-;-; FALLAWAY THROWAWAY-CHG L TO R;-;-;
  1-6 Repeat Part A Meas. 7-11;;;;, Repeat Meas. 12 of Part A,;

7-9, LINK ROCK-FALLAWY ROCK;-;-; RK REC PT LOD,.
  7-9, Repeat Part A Meas. 13-Repeat Meas. 3 of Intro;;; rk bk L, rec R, pt L twd LOD

QUICK CUES

Seq: Intro, A, A MOD, B, A, C, A, END

INTRO

1-4 OP FCG WALL WAIT 1; LINK ROCK-FALLAWY RK;-;-;

PART A

1-5 JIVE WALKS-SWVL 4-THROWAWAY-CHG L TO R;-;-;-;-;
  6-11 LINK RK-RT TRNG FALLAWY;;; RT TRNG FALLAWAY-FA LLAWAY THROWAWAY;;;;
  12-14 CHG L TO R SCP-LINK ROCK;-;-;

PART A MOD

1-5 JIVE WALKS-SWVL 4-THROWAWAY-CHG L TO R;-;-;-;-;
  6-11 LINK RK-RT TRNG FALLAWY;;; RT TRNG FALLAWAY-FA LLAWAY THROWAWAY;;;;
  12-14 CHG L TO R SCP-RK REC SD CLS;-;-;

PART B-FOXTROT/JIVE

1-4 HOVER TELEM RK; HLF NAT; CLSD IMP; FEATH FNSH;
  5-8 REVERSE TURN;-;-; HVR 2; SD TCH-RT CHASSE;

PART C

1-4 FALLAWAY THROWAWAY HNDSHK-TRIPLE WHL 3 COH;-;-;-;
  5-10 CHG HNDS BHND BK WALL-SOLE TAP;-;-; SAILOR SHUFFLE 2; VINE 8;-;
  11-12 CHASSE LFT & RT SCP; RK REC-KICK BALL CHG;

END

1-6 RT TRNG FALLAWAY-RT TRNG FALLAWAY;-;-; FALLAWAY THROWAWAY-CHG L TO R;-;-;
  7-9, LINK ROCK-FALLAWY ROCK;-;-; RK REC PT LOD,;