

Downbound Train

Choreographed by DJ Dan & Wynette Miller (16 Nov 2004) djdan_miller@hotmail.com

Choreographed to: "Downbound Train" by Raul Malo

CD: Badlands: A Tribute To Bruce Springsteen's Nebraska

4 wall line dance, intermediate, 64 counts. 32 Intro. Start on the word "JOB". 119 bpm, 2 tags.



1-8 Walk R / L, Shuffle; Rock Step, Coaster Step

- 1-2 Step right forward. Step left forward.
- 3&4 Shuffle forward stepping right, left, right
- 5-6 Rock left forward. Recover weight onto right.
- 7&8 Step left back. Step right next to left. Step left forward.

9-16 Step, 1/2 Pivot, Shuffle; Rock Step, Coaster Cross

- 1-2 Step right forward. Pivot 1/2 turn left. [6]
- 3&4 Shuffle forward stepping right, left, right
- 5-6 Rock left forward. Recover weight onto right.
- 7&8 Step left back. Step right next to left. Cross left over right.

17-24 Side Rock & Step, Side Rock & Step; Rock Step, Shuffle 1/2 Turn Right.

- 1&2 Rock right to right side. Recover weight onto left. Step right forward.
- 3&4 Rock left to left side. Recover weight onto right. Step left forward.
- 5-6 Rock right forward. Recover weight onto left.
- 7&8 Shuffle 1/2 turn right stepping right, left, right. [12]

25-32 Side Rock & Step, Side Rock & Step; Rock Step, Shuffle 1/2 Turn left.

- 1&2 Rock left to left side. Recover weight onto right. Step left forward.
- 3&4 Rock right to right side. Recover weight onto left. Step right forward.
- 5-6 Rock left forward. Recover weight onto right.
- 7&8 Shuffle 1/2 turn left stepping left, right, left. [6]

33-40 1/4 Turn Side Rock, Behind-Side-Cross; Side Rock, Behind-Side-Cross

- 1-2 Make 1/4 turn left rock right to right side. Recover weight onto left. [3]
- 3&4 Cross right behind left. Step left to left side. Cross right over left.
- 5-6 Rock left to left side. Recover weight onto right
- 7&8 Cross left behind right. Step right to right side. Cross left over right.

41-48 Side, Behind, Heel Jack & Cross. Right & Left

- 1-2 Step right to right. Cross left behind right
- &3 Step right diagonally back. Touch left heel diagonally forward
- &4 Step left next to right. Cross right over left
- 5-6 Step left to left. Cross right behind left
- &7 Step left diagonally back. Touch right heel diagonally forward
- &8 Step right next to left. Cross left over right

49-56 Side, Together, Cross Shuffle; Right & Left

- 1-2 Step right to right side. Step left next to right.
- 3&4 Cross right over left. Step left to left side. Cross right over left.
- 5-6 Step left to left side. Step right next to left.
- 7&8 Cross left over right. Step right to right side. Cross left over right.

57-64 Heel Ball Cross, Side Rock, Jazz Box

- 1&2 Touch right heel diagonally forward. Step right next to left. Cross left over right.
- 3-4 Rock right to right side. Recover weight onto left.
- 5-8 Cross right over left. Step left back. Step right to right side. Step left forward.

TAG 12 counts. After the first and second wall.

- 1-8 Walk R / L, Shuffle; Rock Step, Coaster Step; Step, 1/2 Pivot, Walk R / L.
- 1-2 Step right forward. Step left forward.
- 3&4 Shuffle forward stepping right, left, right
- 5-6 Rock left forward. Recover weight onto right.
- 7&8 Step left back. Step right next to left. Step left forward.
- 9-10 Step right forward. Pivot 1/2 turn left. Step right forward. Step left forward. [9]

Alts: "Downbound Train" by Bruce Springsteen. CD: Born In The U.S.A.

Start on the word "JOB". No tag needed. 121 bpm.