



# The British Association of Teachers of Dancing

Pavilion 8, Upper Level, Watermark Business Park, 351 Govan Road, Glasgow, G51 2SE  
Telephone: 0141 427 3699

## **RAILTRACKS** **DANCE STEPS INSTRUCTION SHEET**

**32 count, 4 wall, Intermediate Advanced level**  
**Choreographer: Lesley Miller (UK) Oct 2005**  
**Choreographed to: I Played Chicken With A Train by**  
**Cowboy Troy, Locomotive (132 bpm)**

Intro/Count In: 32 Counts

Rocking Chair, Mambo Forward & Backward  
1 2 Rock Right Foot Forward, Replace Left Foot  
3 4 Rock Right Foot Backward, Replace Left Foot  
5&6 Rock Right Foot Forward, Replace LF, tog RF  
7&8 Rock Left Foot Backward, Replace RF, tog LF

Shuffles Right & Left, Heel Hook, Heel Side Flick, Heel Tuck  
1&2 Step RF Forward, tuck LF behind RF, Step RF Forward  
3&4 Step LF Forward, tuck RF behind LF, Step LF Forward  
5&6 Place Right Heel on Floor, Hook across Left, Place  
Right Heel on Floor, Flick Right Leg to right side  
7 8 Place Right Heel on Floor, Tuck RF behind Left

Unwind Full Turn, Heel Jack, 1/2 Turn Monteray  
1 2 Unwind full turn to Right  
&3&4 Step back on Right Foot, Place Left Heel on floor,  
Step LF, Touch RF to LF  
5 6 Touch RF to Right Side 1/2 turn Right Step RF to LF  
7 8 Touch LF to Side, Step LF to RF

Jazz Box 1/4 Turn, Applejacks  
1 2 Cross RF over Left, Step LF back with 1/4 turn Right  
3 4 Step Forward RF, Step LF Beside RF (slightly apart)  
&5&6 Fan Left toe to Left off Floor same time Fan Right  
Heel to Left off Floor, Replace to Starting Position  
Repeat opposite side  
&7&8 Repeat Counts &5&6

START AGAIN

**Remember you will find other great dances like this one at**  
**WWW.BATD.CO.UK**



# The British Association of Teachers of Dancing

Pavilion 8, Upper Level, Watermark Business Park, 351 Govan Road, Glasgow, G51 2SE  
Telephone: 0141 427 3699

## **RAILTRACKS** **DANCE STEPS INSTRUCTION SHEET**

OPTION FOR (APPLEJACKS) COUNTS &5&6&7&8 SWIVETS  
&5&6 Fan Left Toe to left off floor same time fan Right  
Heel to right off floor, Replace to starting position  
&7&8 Repeat other side, (making 2 swivets L & R),  
(or try 4 swivets)

**Remember you will find other great dances like this one at**  
**[WWW.BATD.CO.UK](http://WWW.BATD.CO.UK)**