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NOV 09

## Morning Train

CHOREOGRAPHER : Delda McHugh,  
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Phone – 419-234-5940

Record: EMI 8071

Artist: Sheena Easton

Footwork: Opposite

Time @ RPM: 45 (Speed to Suit)

Rhythm: Two Step

RAL Phase: II +2 Strolling Vine & Fishtail

Sequence: Intro,A,A,Bridge,B,A,Inter,C,B,End

### INTRODUCTION

1-4 CP-FC/ W WAIT 2 MEAS;; CIRCLE BOX;;

1-2 In CP FC/W wait ;;

3-4 Sd L, cl R, fwd left,-;sd R,cl L, bk R,-;(W Sd R commence RF trn,cl L, fwd R,-;  
cont. RF trn fwd L, cl R, fwd L trng RF to fc ptr,-;)

5-8 REV BOX;; APT,POINT; TOG TCH TO SEMI;

5-6 In CP FC/W sd L, cl R, bk L,-; sd R,cl L, fwd R,-;

7-8 Apt L,-, pt R to DLW,-;tog R,-, tch L to SCP LOD,-;

### PART A

1-4 SEMI 2 FWD 2'S;; 2 TURNING 2 STEPS;;(Lady In Front)

1-3 Fwd L,cl R, fwd L,-; fwd R,cl L, fwd R,-;sd L, cl R, fwd L,- commence RF trn,  
Sd R, cl L, fwd R continue RF trn to CP/LOD,-;

5-8 SCIS TO SCAR;SCIS TO BJO;HITCH; HITCH LADY SCIS SEMI

5-6 Sd L,cl R, XLif to SCAR ,-; (W XRib to SCAR) Sd R, cl L, XRif BJO LOD,-;  
(W XLib)

7-8 Fwd L,cl R, bk L,-; Bk R,cl L, Fwd R,-; (W blend to fc ptr sd L , cl R, XLIF to  
SCP,-;) (2<sup>nd</sup> time end in BFLY)

### BRIDGE

1-2 SIDE TCH EACH WAY;

1-2 sd L, tch R, sd R, tch L;

### PART B

1-4 (BFLY) VINE 3 TCH; WRAP; UNWRAP;CHG SIDES;

1-4 sd L, XRib, sd L, tch R; sd R, XLib, sd R, tch L; (W wraps LF  
under M's L wrap pos/wall); M in place L,R,L (W unwraps  
holding M's R W's L face ptr/ COH); under M's R chg sds R,L,R;

5-8 (BFLY) VINE 3 TCH; WRAP; UNWRAP; CHG SIDES (TO BFLY);

5-8 Repeat Meas. 1-4 Part B end in BFLY

9-12 FC TO FC; BK TO BK; BASKETBALL TURN;;

9-10 sd L, cl R, sd L trn LF away from ptr,-;  
sd R, cl L, sd R trn RF to OP LOD,-;

- 11-12 fwd L trn in RF,-, rec R trn to fc RLOD,-;  
 fwd L RLOD trn out RF,-, rec R cont trn to OP LOD,-;  
 13-16 HITCH 6;; CIRCLE AWY & TOG 2 TWO STEPS TO SEMI;;  
 13-14 fwd L, cl R, bk L,-; Bk R, cl L, fwd R,-;  
 15-16 Trn LF twd COH (W RF twd WL) fwd L,cl R, fwd L,-; Trn LF twd  
 WL (W RF twd COH) fwd R, cl L, fwd R to SCP,-;

**INTERLUDE**

- 1-4 LACE ACROSS 2; FWD 2 STEP; LACE BACK 2; FWD 2 STEP; WLK & PUP;  
 1-2 Fwd L, cl R, fwd L, -; (W undr jnd ld hands R,L,R) to LOP,-;  
 Fwd R, cl L, Fwd R,-;  
 3-4 Change hnds Fwd LOD Fwd L, cl R, fwd L,-; (W prog under M's  
 R & W's L R,L,R) to OP/LOD,-; Fwd R, cl L fwd R to PUP/LOD (W in front of  
 M on L ending in CP/LOD)  
 5-9 2 PROG SCIS (BJO & CHK);; FISHTAIL  
 5-7 Sd COH L, cl R, XLIF (WXRIB) to SDCAR diag LOD & WALL,-; Sd R,  
 cl L, XRIF (WXLIB) to BJO diag LOD & COH, - with check: LXIB (WRXIF),  
 sd R, fwd L, lk RIBL (W lk LIFR),-;  
WLK and FC;  
 8-9 Wlk fwd L,-, R to FC,-;

**PART C**

- 1-4 LEFT TRNING BOX;;;  
 1-2 Sd L,cl R, fwd L trning ¼ LF to fc LOD,-; Sd R,cl L, bk R trning ¼ LF to fc  
 COH,-;  
 3-4 Sd L,cl R, fwd L trning ¼ LF to fc RLOD,-;Sd R, cl L, bk R trning ¼ LF to  
 fc WL,-;  
 5-8 STROLLING VINE TO SEMI;;;  
 5-6 Sd L twd LOD,-; XRIB (W XIF),-; Sd L,cl R, sd L trning ½ LF (fc  
 COH),-;  
 7-8 Sd R twd LOD, XLIB ( W XIF),-; Sd R, cl L, sd R trning ½ RF  
 SEMI,-;  
 9-12 2 FWD 2'S TO OPEN;; HITCH 6;;  
 9-10 Fwd L twd LOD, cl R, fwd L,-; Fwd R, cl L, fwd R,-;  
 11-12 Fwd L, cl R, bk L, -; Bk R, cl L, fwd R, to OP LOD,-;  
 13-14 VINE APT 3 CLAP; VINE TOG 3 CLAP;  
 13-14 sd L (COH), XRIB, sd L, clap;  
 sd R (WALL), XLIB, sd R, clap,-;  
 15-16 VINE APT 3 CLAP; VINE TOG TO BFLY;  
 15-16 (Repeat above 2 measures ending in BFLY WALL)  
 17-18 SIDE TCH EACH WAY;  
 (Repeat measures 1-2 of Bridge)

**ENDING**

- 1- 4 2 FWD 2'S;; 2 TURNING 2'S (Lady in Front);;  
 1-4 (Repeat measures 1-4 of Part A),-;  
 5-7 2 PROG SCIS (BJO & CHK);; FISHTAIL;  
 5-7 (Repeat measures 5-7 of Interlude),-;  
 8-9 APT,-, PT,-;  
 8-9 (Repeat measures 7 -8 of Intro),-;

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