

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-FALLAWY 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/cls R, fwd L;
3 1a234 Sd R/cls L, sd R to SCP LOD, [Fallaway Rock] rk bk L, rec R to fce ptrn;
4 1a23a4 Sd L/cls R, sd L, sd R/cls 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/cls R, fwd L;
2 1a234 Fwd R/cls L, fwd R, [Swvl 4] swivel fwd L, R;
3 123a4 Swvl fwd L, R, [Throwaway] fwd L/cls R, fwd L ld hands turn W to fce (*W fwd R/cls L, fwd R trng LF to fce M*);
4 1a234 Sd R/cls L, sd R to end fcg 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/cls R, fwd L trng RF to Wall (*W fwd R/cls L, fwd R under joined lead hands trng LF to fce COH*), sd R/cls L, sd R to fce ptrn and Wall;

6-11 LINK ROCK-RT TRNG FALLAWY;:-:-; RT TRNG FALLAWY-FALLAWY THROWAWY;:-:-;

6 123a4 [Link Rk] rk apt L, tog R, fwd L/cls R, fwd L;
7 1a234 Sd R/cls L, sd R to SCP LOD, [Rt Trng Fallaway] rk bk L, rec R;
8 1a23a4 sd L/cls R, sd L trng $\frac{1}{2}$ RF to fce SCP RLOD, sd R twd LOD/cls L, sd R;
9 1a234 [Rt Trng Fallaway] rk bk L, rec R, sd L/cls R, sd L trng $\frac{1}{2}$ RF to fce SCP LOD;
10 123a4 Sd R twd RLOD/cls L, sd R, [Fallaway Throwaway] blind SCP LOD rk bk L, rec R;
11 1a23a4 Fwd L/cls R, fwd L ld hands turn W to fce (*W fwd R/cls L, fwd R trng LF to fce M*), sd R/cls L, sd R to end fcg 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/cls R, sd L trng $\frac{1}{4}$ RF to fce Wall (*W fwd R/cls L, fwd R trng $\frac{3}{4}$ LF under joined lead hands to fce ptrn*);
13 1a234 Sd R/cls L, sd R, [Link Rk] rk apt L, tog R;
14 1a234 fwd L/cls R, fwd L, sd R/cls L, sd R to SCP LOD,

PART A MOD

1-13 $\frac{1}{2}$ REPEAT MEASURES THRU CHG L TO R;:-:-:-:-:-:-:-:-:-:-:-

13 $\frac{1}{2}$ -14 RK APT REC; SD CLS CP WALL;

34;1-3- Rk apt L, rec R; sd L, -, cls R, - CP Wall;

PART B-FOXTROT/JIVE

1-4 HOVER TELEMURK; HLF NAT; CLSD IMP; FEATH FNISH;

1-2 SQQ Blind CP Wall fwd L, -, sd and fwd R trng RF, rec fwd L to SCP DLW; fwd R trng RF twd 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 blind CP trng LF, -, sd R twd 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 blind CP DLW, -, sd and fwd R slight rise, -;
8 123a4 Sd L, tch R to L, sd R/cls L, sd R to SCP LOD;

PART C

1-4 FALLAWY THROWAWAY HNDCHK-TRIPLE WHL 3 COH;:-:-:-;

1 123a4 [Fallaway Thrawaway] Rk bk L, rec R, fwd L/cls R, fwd L ld hnds trn W LF (*W fwd R/cls L, fwd R trng LF to fce M*);
2 1a234 Sd R/cls L, sd R to fce LOD handshake, [Triple Wheel 3] Rk apt L, rec R;
3 1a23a4 Fwd L/cls 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/cls L, fwd R*), cont RF wheel fwd R/cls L, fwd R trng away from W (*W fwd R/cls 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 fcg COH lead hands joined (*W spin R/L, L to face M*);

5-10 CHG HNDS BHND BK WALL-SOLE TAP;-;-; SAILOR SHUFFLE 2; VINE 8;-;
 5 123a4 [Chg Hands Bhnd Bk] rk apt L, rec R, fwd L/cls R, fwd L take W's rt hand from M's left to rt hand bhnd M's bk trng ½ LF with W bhnd M's bk to fce (W rk apt R, rec L, fwd R/cls L fwd R bhnd M's bk trng ½ RF to fce Wall);
 6 1a234 Sd L/cls R, sd L join lead hands, [Sole Tap] rk apt L, rec R;
 7 123a4 Fwd L twd ptnr 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 ptnr, R/L,R apt turn ¼ LF to LOP M fce ptnr and Wall;
 8 1a23a4 [Sailor Shuffle] Join both hands in low BFLY XLIB/sd R, sd L, XRIB/sd L, sd R;
 9-10 1234 [Vine 8] In BFLY Wall sd L, XRIB, sd L, XRIF; repeat;

11-12 CHASSE LFT & RT SCP; RK REC-KICK BALL CHG;
 11 1a23a4 [Chasse L & R] Sd L/cls R, sd L, sd R/cls L, sd R blind 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-FALLAWY 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-FALLAWY 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 FN SH;
5-8 REVERSE TURN;-;-; HVR 2; SD TCH-RT CHASSE;

PART C

1-4 FALLAWY THROWAWAY HND SHK-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;-;-; FALLAWY THROWAWAY-CHG L TO R;-;-;
7-9,, LINK ROCK-FALLAWY ROCK;-;-; RK REC PT LOD,,