

# One Way Track

Choreographed by Frances Beasley and Dancin' Terry

Description: 64 count, 4 wall, intermediate line dance

Music: Hard To Stop A Train by Eddie Bush-Start the dance 32 counts after the train whistle

Bonus: At the end of the second wall (6:00), when using "Hard To Stop A Train" dance the first 8 counts twice!

## **RIGHT STEP, SLIDE, STEP, TOUCH, LEFT STEP, SLIDE, STEP, TOUCH**

(Optional arms-make a fist with both hands, bend your arms at the elbow, roll arms in a circle like the wheels on the train)

1-2 Angle body to right diagonal, step right to right side, slide left (taking weight) beside right

3-4 Angle body to right diagonal, step right to right side, touch left beside right

5-6 Angle body to left diagonal, step left to left side, slide right (taking weight) beside left

7-8 Angle body to left diagonal, step left to left side, touch right beside left

## **RIGHT ROLLING VINE, LEFT ROLLING VINE**

1-4 Step right  $\frac{1}{4}$  turn, step left back  $\frac{1}{2}$  turn, step right  $\frac{1}{4}$  turn, touch left beside right

5-8 Step left  $\frac{1}{4}$  turn, step right back  $\frac{1}{2}$  turn, step left  $\frac{1}{4}$  turn, touch right next to left

## **RIGHT KICK CROSS POINT, LEFT KICK CROSS POINT, RIGHT SAILOR, LEFT SAILOR**

1&2 Kick right forward, cross right over left, point left toe to left side

3&4 Kick left forward, cross left over right, point right toe to right side

5&6 Cross right behind left, step left to left, step right to right

7&8 Cross left behind right, step right to right, step left to left

## **TWO LEFT $\frac{1}{4}$ TURN HIP ROLLS, TOE SWITCHES**

1-2 Step right and roll hips counterclockwise turning  $\frac{1}{4}$  left

3-4 Step right and roll hips counterclockwise turning  $\frac{1}{4}$  left (6:00)

5&6& Point right toe to right side, step right in place, point left toe to left side, step left in place,

7-8 Point right toe to right side, hold

## **TOE SWITCHES, LEFT SAILOR, RIGHT SAILOR**

&1&2 Step right in place, point left toe to left side, step left in place, point right toe to right side,

&3-4 Step right in place, point left toe to left side, hold

5&6 Cross left behind right, step right to right, step left to left

7&8 Cross right behind left, step left to left, step right to right

## **TOE HEEL STRUT, HEEL TOE STRUT, $\frac{1}{4}$ TURN JAZZ BOX**

1-2 Touch left toe back, turning  $\frac{1}{2}$  turn left place heel down  
3-4 Touch right heel forward, place toe down (12:00)  
5-6 Cross left over right, step back on right  
7-8 Turn  $\frac{1}{4}$  turn left, touch right toe beside left (9:00)

**DIAGONAL STEP TOUCHES FORWARD AND BACK**

1-2 Step right to right front diagonal, touch left beside right  
3-4 Step left to left back diagonal, touch right beside left  
5-6 Step right to right back diagonal, touch left beside right  
7-8 Step left to left front diagonal, touch right beside left

**TWO RIGHT  $\frac{1}{4}$  MONTEREY TURNS**

1-2 Point right to right side, turning  $\frac{1}{4}$  right step on right  
3-4 Point left to left side, step left next to right  
5-6 Point right to right side, turning  $\frac{1}{4}$  right step on right  
7-8 Point left to left, step left next to right (3:00)

**All ABOARD....START OVER!**