

LOUISIANA TRAIN

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MUSIC: Louisiana Train RELEASE DATE: June 2019 Rev. 1
CD: 20 Years of Blues Jungle Trk 4 ARTIST: Mo Jo Blues Band
LENGTH: 4:50 as downloaded Slow to 41RPM Cut at 4:09 and Fade from 4:00
FOOTWORK: Opposite throughout except where noted (*Woman*)
RHYTHM: West Coast Swing SEQUENCE: INTRO-A3-12-B-B-C-D-A-B-C-END
PHASE: Phase VI + 4 Unphased [Shadow Tuck & Roll with Anchor, Both Hook Turn & Swivel to Face, Straight Whip, Passing Tuck to Hammerlock]

INTRODUCTION

- 1 – 4 MAN FCG RLOD IN A PRESSLINE LEAD HANDS JOINED WAIT ; ;
1-2 M fcg RLOD in pressline ld hnds jnd trlg hnd on hip (*W trlg hnd bhnd head*) ld ft free wait ; ;

PART A

- 1 – 4 INSIDE WHIP WITH INSIDE TURN ; ; *1ST TIME THROUGH PART A START WITH MEAS 3 SWIVEL TO BK TO BK & TO FC ; QUICK SIDE BREAKS CROSS HANDS LF OVER RT ;
1-2 Bk L, rec R across L comm RF trn ldg W under LF, trn ½ RF sd & fwd L/cl R, sd & fwd L (*Fwd R, fwd L trng ½ LF under jnd ld hnds, bk R/cl L to R, fwd R*) to end mom CP M fcg LOD ;
Trng ½ RF XRIB of L brg L hnd btwn fcs, fwd & sd L, anchor R/L, R (*Fwd L, fwd R trng LF ½ under jnd ld hnds, anchor L/R, L*) M fcg RLOD ;
3-4 Lower into knee swvl RF, rise to “V” bk to bk extend trlg arms up, lower & swvl LF, rise to fc ptr brng trlg arm dwn ; Release hnds Sd L/sd R, cl L/cl R, sd L/sd R, cl L/cl R crossing hnds L to L over top of R to R ;
- 5 – 8 TRAVELING SIDE PASS WITH POINT 2 X ; ; ; ;
5-6 Trng ¼ LF sd L, rec bk R raise jnd L hnds, XLIB/sd R, sd L lowering jnd L hnds to lead W to twirl LF ; XRIF/sd L, cl R, pt sd L, - (*Fwd R, fwd L comm LF trn, twrl LF 1 & ½ under jnd hnds sm sd R/sip L, sm fwd R end slightly bhnd to man’s L sd ; XLIB/sd R, XLIF, pt sd R, -*) ;
7-8 Repeat action of meas. 5 & 6 except M do not trn & W trn ¼ LF on first step end fcg WALL ; ;
- 9 – 12 RIGHT SIDE PASS WITH TUCK & SPIN & KICK BALL CHANGE ; ; WHIP OUTSIDE TURN ; ;
9-10 Sd & fwd L[LOD], rec bk R, tch L to R tucking W to fc, fwd L ldg W into free spin; Anchor R/L, R, (*Trng ¼ LF fwd R, fwd L, swvl LF tch R to L, swvl RF fwd R spin ½ RF ; Anchor L/R, L*) kck L fwd/cl L on ball, replc R in plc M fc LOD ;
11-12 Bk L, cross fwd R to loose CP, sd L/cl R, fwd L trng ½ RF raising jnd ld hnds (*Fwd R, fwd L trng RF ½, bk R/cl L, fwd R*) ; Cont trn XRIB ldg W to trn RF, fwd L, anchor R/L, R (*Fwd L spiraling ¼ RF under jnd jnds, cont RF trn fwd R to fc ptr, anchor L/R, L*) M fcg LOD ;

PART B

- 1 – 4 ROCK WHIP ; ; ; SAILOR SHUFFLE 2 X CROSS HANDS LF OVER RT ;
1-3 Bk L, cross fwd R to loose CP, sdL/cl R, fwd L trng RF to mom CP RLOD ; Trng RF strongly on L fwd R LOD btwn W’s feet, cont RF trn sd L twd COH, cont RF trn fwd RLOD btwn W’s feet, Cont RF trn sd L twd WALL ; Cont RF trn fwd R, fwd L releasing CP to LOP-FCG, anchor R/L, R (*Fwd R, fwd L trng ½ RF, bk R/cl L, fwd R pvt ½ RF ; bk L, rec R pvt ½ RF, bk L, rec R pvt ½ RF ; Bk L, bk R, anchor L/R, L*) M fcg LOD ;
4 XLIB/sd R, sd L, XRIB/sd L, sd R jng L to L over top of R to R hnds ;
- 5 – 8 STRAIGHT WHIP WITH 2 SWEETHEARTS ; ; ; TO HANDSHAKE ;
5-8 Bk L, XRIF of L trng RF raising jnd L hnds and leaving R hnds low, sd & fwd L/cl R trng RF, sd & fwd L (*W fwd R, fwd L, fwd R under jnd L hnds/ cl L to R, bk R*) fc RLOD with W slgt IF of M in VARS; X chk R fwd brg R hnds over W’s head, rec L, sd R/cl L, sd R to mom L VARS ; X chk L fwd raise L hnds over W’s head, rec R, comm RF trn sd L/cl R, sd L comp ¼ RF trn ; XRIB of L trn ¼ RF brg R hnd ovr W’s head, fwd L drop hnds dwn, anchor R/L, R keep both hands jnd (*Fwd R, fwd L, fwd R/cl L, bk R ; XLIB, rec R, sd L/cl R, sd L ; XRIB, rec L, sd R/cl L, sd R ; Bk L, bk R, anchor L/R, L*) M fcg LOD crossed hnds jnd R to R over L to L ;
- 9 – 10 FACELOOP SUGAR PUSH WITH ROCKS TO HANDSHAKE ; ;
9-10 Bk L, bk R, pnt L, fwd L ; Rk bk R, rk fwd L, anchor R/L, R (*W fwd R, fwd L, draw R to L, bk R ; Rk fwd L, rk bk R, anchor L/R, L*) end in R to R hndshk M fcg LOD ;

11 – 12 SHADOW TUCK & ROLL WITH ANCHOR ; ;

11-12 Bk L, rec R across L start RF trn, lead W to trn LF cont RF trn point L sd twd LOD to mom shdw pos fcng WALL R hands joined at about shldr level & L hand on W's L shldr, cont RF trn fwd (*W fwd R, fwd L, trng ¼ LF pt R sd, trng ¼ RF fwd R twd RLOD*) to mom tndm M bhnd W ; Fwd R, fwd L, anchor R/L, R (*W fwd L start RF trn to fc COH, cont RF trn fwd R RLOD, fc ptr anchor L/R, L*) to end LOP-FCG M fcg RLOD ;

REPEAT PART B FACING OPPOSITE DIRECTION THROUGHOUT END FACING LOD

PART C

1 – 4 CHICKEN WALKS 2 SLOW ; SUGAR PUSH HOOK TURN ~ RIGHT SIDE PASS ; ; ;

1 Bk L, -, bk R, - (*Swvl RF fwd R, -, swvl LF fwd L, -*) M fcg LOD ;
2-2½ Bk L, bk R w R shldr slightly bk, point L fwd, fwd L ; Hook R bhnd L trng ½ RF taking jnd hnds over head/cont trn releasing W's R hnd let it slide down the R arm sd L, cl R to tandem R to R hnds jnd fcg DRC (*Fwd R, fwd L, draw R to L, bk R ; anchor L/R, L*),
2½-4 Rk sd & fwd L[RLOD], rec bk R ; point L fwd, fwd L, anchor R/L, R (*Fwd R, fwd L ; fwd R trng ¼ LF/ XLIF trn ¼ LF, bk R, anchor L/R, L*) M fcg RLOD ;

5 – 8 CHICKEN WALKS 2 SLOW ; SUGAR PUSH HOOK TURN ~ RIGHT SIDE PASS ; ; ;

5 Bk L, -, bk R, - (*Swvl RF fwd R, -, swvl LF fwd L, -*) ;
6-6½ Bk L, bk R w R shldr slightly bk, point L fwd, fwd L ; Hook R bhnd L trng ½ RF taking jnd hnds over head/Cont trn releasing W's R hnd let it slide down the R arm sd L, cl R to tandem R to R hnds jnd fcg DLW (*Fwd R, fwd L, draw R to L, bk R ; anchor L/R, L*),
6½-8 Rk sd & fwd L[LOD], rec bk R ; point L fwd, fwd L, anchor R/L, R (*Fwd R, fwd L ; fwd R trng ¼ LF/ XLIF trn ¼ LF, bk R, anchor L/R, L*) M fcg LOD ;

9 – 10 UNDERARM TURN BOTH HOOK TURN & SWIVEL TO FC ; ;

9-10 Bk L, rec R across L comm RF trn leading W under, cont RF trn sd & fwd L/cl R, sd & fwd L (*fwd R, L comm LF trn under joined lead hands, cont LF trn sd R/ XLIF of R, sd & bk R*) ; XRIB of L trng RF/cont RF trn in place L, cont RF trn fwd & across R twd LOD, slowly swvl ½ LF on R, (*XLIF of R trng LF/cont LF trn in place R, cont LF trn fwd & across L twd RLOD, slowly swvl ½ RF on L*), leaving lead ft pntng fwd twd ptr to end LOP "V" pos M fcng ptr & RLOD ;

11 – 12 WHIP WITH HAND CHANGE BEHIND THE BACK ; ;

11-12 Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/cl R, sd & fwd L folding W's R arm behind her bk (*fwd R, fwd L trng RF, bk R/cl L to R, fwd R*) to end mom CP M fcng LOD; Using R hand take W's R hand behind her back trng ½ RF XRIB of L, fwd & sd L, anchor R/L, R (*fwd L trng RF, fwd R completing 1 ½ RF trn to fc M, bk to anchor L/R, L*) to end ld hnds jnd "V" pos M fcng ptr & RLOD ;

PART D

1 – 6 LEFT SIDE PASS TO TRIPLE TRAVEL WITH ROLL ; ; ; ; ; , CHEERLEADER , , ;

1-4½ Bk L, trng ¼ LF bk R lead W to M's L sd, cont trn tch L, fwd L LOD; Cont LF trn anchor R/L, R end in R-hnd star COH, roll 1 & 1/2 RF L, R to L-hnd star fcg WALL ; sd L/cl R, sd L trn 1/2 LF to R-hnd star, sd R/cl L, sd R trn 1/2 RF to L-hnd star ; sd L/cl R, sd L, roll 1 & 1/8 LF R, L to LOP-FCG ; anchor R/L, R (*Fwd R, fwd L, fwd R trng LF/ XLIF, cont trn bk R ; Cont LF trn anchor L/R, L end in R-hnd star, roll 1 & 1/2 RF R, L to L-hnd star ; sd R/cl L, sd R trn 1/2 LF to R-hnd star, sd L/cl R, sd L trn 1/2 RF to L-hnd star ; sd R/cl L, sd R, roll 1 & 1/8 LF L, R to LOP-FCG fcg LOD ; anchor L/R, L*) M fcg LOD,

4½-6 XLIF/sd R, slightly trng LF tap L heel sd & fwd/small sd L fc ptr ; XRIF/sd L, slightly trng RF tap R heel sd & fwd/small sd R fc ptr, XLIF/sd R, slightly trng LF tap L heel sd & fwd ;

7 – 12 LEFT SIDE PASS TO TRIPLE TRAVEL WITH ROLL ; ; ; ; ; , CHEERLEADER , , ;

7-10½ Bk L, trng ¼ LF bk R lead W to M's L sd, cont trn tch L, fwd L fc RLOD; Cont LF trn anchor R/L, R end in R-hnd star WALL, roll 1 & 1/2 RF L, R to L-hnd star COH ; Sd L/cl R, sd L trn 1/2 LF to R-hnd star, sd R/cl L, sd R trn 1/2 RF to L-hnd star; sd L/cl R, sd L, roll 1 & 1/8 LF R, L to LOP-FCG ; anchor R/L, R (*Fwd R, fwd L, fwd R trng LF/ XLIF, cont trn bk R ; Cont LF trn anchor L/R, L end in R-hnd star, roll 1 & 1/2 RF R, L to L-hnd star ; sd R/cl L, sd R trn 1/2 LF to R-hnd star, sd L/cl R, sd L trn 1/2 RF to L-hnd star ; sd R/cl L, sd R, roll 1 & 1/8 LF L, R to LOP fc RLOD ; anchor L/R, L*) M fcg RLOD,

10½-12 XLIF/sd R, slightly trng LF tap L heel sd & fwd/small sd L fc ptr ; XRIF/sd L, slightly trng RF tap R heel sd & fwd/small sd R fc ptr, XLIF/sd R, slightly trng LF tap L heel sd & fwd ;

REPEAT A 1 - 12
REPEAT B 1 - 12
REPEAT C 1 - 12

ENDING

1 – 2 INSIDE WHIP WITH INSIDE TURN ; ;

1-2 Bk L, rec R across L comm RF trn ldg W under LF, trn ½ RF sd & fwd L/cl R, sd & fwd L
(Fwd R, fwd L trng ½ LF under jnd ld hnds, bk R/cl L to R, fwd R) to end mom CP M fcg LOD ;
Trng ½ RF XRIB of L brg L hnd btwn fcs, fwd & sd L, anchor R/L, R *(Fwd L, fwd R trng LF ½
under jnd ld hnds, anchor L/R, L)* fcg RLOD ;

3 – 4 PASSING TUCK TO HAMMERLOCK HOLD & KISS ; ;

3-4 Bk L, trng ¼ LF bk R bring L shldr bk to tight BFLY WALL, tch L, trn ¼ LF fwd L raise jnd ld
hnds ovr W's head & jnd trlg hnds low beh W's bk ; Anchor R/L, R bring jnd lead hnds down to
chest level fc RLOD, hold & opt kiss, *(W fwd R, fwd L, swvl ¼ LF to fc ptr tch R to L, swvl ¼ RF
fwd R ; Trng ½ RF anchor L/R, L ,)* M fcg LOD ;

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PHASE VI + 4 WEST COAST SWING

(SHADOW TUCK & ROLL WITH ANCHOR, BOTH HOOK TURN & SWIVEL TO FACE, STRAIGHT WHIP, PASSING TUCK TO HAMMERLOCK)

INTRO: M FCG RLOD IN PRESSLINE LD HNDS JND WAIT ; ;

- A: SWIVEL BK TO BK & SWIVEL TO FC ;
SD BREAKS CROSS HANDS LF OVER RT ;
TRAVELING SIDE PASS WITH POINT 2 X ; ; ; ;
RIGHT SIDE PASS WITH TUCK & SPIN & KICK BALL CHANGE ; ;
WHIP OUTSIDE TURN ; ;
- B: ROCK WHIP ; ; ; SAILOR SHUFFLE 2 X CROSS HNDS LF OVER RT ;
STRAIGHT WHIP WITH 2 SWEETHEARTS ; ; ; TO HANDSHAKE ;
FACELOOP SUGAR PUSH WITH ROCKS TO HANDSHAKE ; ;
SHADOW TUCK & ROLL WITH ANCHOR ; ;
- B: ROCK WHIP ; ; ; SAILOR SHUFFLE 2 X CROSS HANDS LF OVER RT ;
STRAIGHT WHIP WITH 2 SWEETHEARTS ; ; ; ;
FACELOOP SUGAR PUSH WITH ROCKS TO HANDSHAKE ; ;
SHADOW TUCK & ROLL WITH ANCHOR ; ;
- C: CHICKEN WALKS 2 SLOW ; SUGAR PUSH HOOK TURN , , ;
RIGHT SIDE PASS , , ; CHICKEN WALKS 2 SLOW ;
SUGAR PUSH HOOK TURN , , ; RIGHT SIDE PASS , , ;
UNDERARM TURN BOTH HOOK TURN & SWIVEL TO FC ; ;
WHIP WITH HAND CHANGE BEHIND THE BACK ; ;
- D: LEFT SIDE PASS TO TRIPLE TRAVEL WITH ROLL , , ; ; ; ;
CHEERLEADER , , ;
LEFT SIDE PASS TO TRIPLE TRAVEL WITH ROLL , , ; ; ; ;
CHEERLEADER , , ;
- A: INSIDE WHIP WITH INSIDE TURN ; ; SWIVEL BK TO BK & TO FC ;
QUICK SD BREAKS CROSS HANDS LF OVER RT ; ;
TRAVELING SIDE PASS WITH POINT 2 X ; ; ; ;
RIGHT SIDE PASS WITH TUCK & SPIN & KICK BALL CHANGE ; ;
WHIP OUTSIDE TURN ; ;
- B: ROCK WHIP ; ; ; SAILOR SHUFFLE 2 X CROSS HAND LF OVER RT ;
STRAIGHT WHIP WITH 2 SWEETHEARTS ; ; ; ;
FACELOOP SUGAR PUSH WITH ROCKS TO HANDSHAKE ; ;
SHADOW TUCK & ROLL WITH ANCHOR ; ;
- C: CHICKEN WALKS 2 SLOW ; SUGAR PUSH HOOK TURN , , ;
RIGHT SIDE PASS , , ; CHICKEN WALKS 2 SLOW ;
SUGAR PUSH HOOK TURN , , ; RIGHT SIDE PASS , , ;
UNDERARM TURN BOTH HOOK TURN & SWIVEL TO FC ; ;
WHIP WITH HAND CHANGE BEHIND THE BACK ; ;
- END: INSIDE WHIP WITH INSIDE TURN ; ;
PASSING TUCK TO HAMMERLOCK HOLD & KISS ; ;