



Step-In-Time Line Dancing

HEREFORDSHIRE

Dance: **Train Swing**
Type: 32 Count, 4 Wall, Beginner
Choreographer: Niels Poulsen (DK), July 2019
Choreographed to: Lover Please by Billy Swan (143 bpm, 2:49 min)

Intro: Start after count 16

Section 1 Side Rock, Cross Shuffle, 1/2 Turn, Chasse Left

1,2	Rock to side on right. Recover on left	Side rock
3&4	Cross right over left. Step left to left side. Cross right over left	Cross shuffle
5,6	Turn 1/4 right stepping left back (3:00). Step right 1/4 turn right (6:00)	Turn, turn
7&8	Step left to left side. Step right beside left. Step left to left side	Left chasse

Section 2 Back Rock, Kick-Ball Cross x 2, Side Rock 1/4 Turn

1,2	Rock back on right. Recover on left	Back rock
3&4	Kick right forward. Step ball of right beside left. Cross left over right	Kick-ball cross
5&6	Kick right forward. Step ball of right beside left. Cross left over right	Kick-ball cross
7,8	Rock to side on right. Turn 1/4 left recovering on left (3:00)	Rock, turn

Section 3 Cross Point x 2, Jazz Box Cross

1,2	Cross right over left. Point left to left side	Cross, point
3,4	Cross left over right. Point right to right side	Cross, point
5-8	Cross right over left. Step left back. Step right to right side. Cross left over right	Cross, back, side, cross

Section 4 (Step, Close, Heel Bounce x 2) x 2

1,2	Step right forward on diagonal (4:30). Step left beside right	Step, close
	<i>Optional styling steps 1-2:</i>	
1,2	<i>Swings hands back brushing hips. Swing hands forward brushing hips</i>	
3,4	Bounce heels and clap. Bounce heels and clap	Bounce, bounce
5,6	Step left forward on diagonal (1:30). Step right beside left	Step, close
	<i>Optional styling steps 5-6:</i>	
5,6	<i>Swings hands back brushing hips. Swing hands forward brushing hips</i>	
7,8	Bounce heels and clap. Bounce heels and clap	Bounce, bounce
