



Dance: **Train Wreck**  
 Type: 48 Count, 2 Wall, High Improver  
 Choreographer: Niels Poulsen (DK), August 2021  
 Choreographed to: Can't Let Go by Jill King (180 bpm, 3:25 min)

Intro: Start after count 48

**Section 1 Stomp x 2, Monterey 1/4, Heel Hook**

1,2	Stomp right forward. Stomp left beside right	Stomp, stomp
3,4	Point right to right side. Turn 1/4 right stepping right beside left (3:00)	Monterey turn
5,6	Point left to left side. Step left beside right	
7,8	Touch right heel forward. Hook right over left	Heel, hook

**Section 2 Step Touch, Back, Kick, Back Lock Step, Hold**

1,2	Step right forward. Touch left behind right	Step, touch
3,4	Step left back. Kick right forward	Back, kick
5-8	Step right back. Lock left over right. Step right back. Hold	Back, lock, back, hold

**Section 3 Back Mambo 1/2, Hold, Back Rock, 1/4 Turn, Hold**

1-4	Rock back on left. Recover on right. Turn 1/2 right stepping left back (9:00). Hold	Mambo half, hold
5-8	Rock back on right. Recover on left. Turn 1/4 left stepping right to right side (6:00). Hold	Back rock, turn, hold

**Section 4 (Back Rock, Side, Hold) x 2**

1-4	Rock back on left. Recover on right. Step left large step to left side. Hold	Back rock, side, hold
5-8	Rock back on right. Recover on left. Step right large step to right side. Hold	Back rock, side, hold

**Section 5 Weave Right, Sweep, Weave Left, Sweep**

1-4	Cross left behind right. Step right to right side. Cross left over right. Sweep right	Behind, side, cross, sweep
5-8	Cross right over left. Step left to left side. Cross right behind left. Sweep	Cross, side, behind, sweep

**Section 6 Behind, Side, Step, Hold, Rocking Chair**

1-4	Cross left behind right. Step right to right side. Step left forward. Hold	Behind, side, step, hold
5-8	Rock forward on right. Recover on left. Rock back on right. Recover on left	Rocking chair

**Tag End of Walls 1, 3 & 7 (12:00 - add Tag facing 6:00)**

**(Heel Grind 1/4, Back Rock) x 2**

1	Touch right heel forward	Heel grind
2	Grind right heel making 1/4 turn right stepping left to left side (9:00)	
3,4	Rock back on right. Recover on left	Back rock
5	Touch right heel forward	Heel grind
6	Grind right heel making 1/4 turn right stepping left to left side (9:00)	
7,8	Rock back on right. Recover on left	Back rock

*Non-turning steps 1-8: (Heel Grind, Back Rock) x 2*

1,2	Touch right heel forward. Grind right heel stepping left to left side	Heel grind
3,4	Rock back on right. Recover on left	Back rock
5,6	Touch right heel forward. Grind right heel stepping left to left side	Heel grind
7,8	Rock back on right. Recover on left	Back rock

**Step Lock Step, Hold, Chase 1/2 Turn, Hold**

1-4	Step right forward. Lock left behind right. Step right forward. Hold	Step, lock, step, hold
5-8	Step left forward. Pivot 1/2 turn right (12:00). Step left forward. Hold	Step, pivot, step, hold

*Non-turning steps 1-8: Back Lock Step, Hold, Back Rock, Step, Hold*

1-4	Step right back. Lock left over right. Step right back. Hold	Back, lock, back, hold
5-8	Rock back on left. Recover on right. Step left forward. Hold	Back rock, step, hold