

Morning Train II

RELEASED: 4/12/2018

⚠ Revised 6/11/2018

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MUSIC: "Morning Train (Nine to Five)" The World of Sheena Easton - The Singles by Sheena Easton
SOURCE: Itunes or Amazon download
RHYTHM: TWO STEP
PHASE (+): II
FOOTWORK: Opposite unless indicated (*W: Woman's footwork in italics*)
SEQUENCE: INTRO-A-BRIDGE-B-A(1-8)-BRIDGE-B(9-16)MOD-C-BRIDGE-B-END

PHONE: +81-90-8079-6201
TOTAL TIME: 3:17
DIFFICULTY: Average
SPEED: 110% (MPM35)

INTRODUCTION

1 – 8 WAIT 2 MEASURES;; APART POINT; TOGETHER TOUCH; CIRCLE AWAY 2 TWO STEPS;; STRUT TOGETHER 4; to SCP;

1 - 2 OP fcg pos fc WALL wait 2 meas;;
3 - 4 {Apt pt} apt L, -, pt R, -;
{tog tch} rec R, -, tch L, - to BFLY WALL;
5 - 8 {circ awy 2 two-stps} trng LF (*W RF*) circ twd COH (*W twd WALL*) fwd L, cl R, fwd L, -; fwd R, cl L, fwd R
trng LF (*W RF*) fcg ptr no hnds jnd, -;
{strut tog 4} fwd L, -, fwd R, -; fwd L, -, fwd R, - to SCP LOD;

Part A

1 – 8 2 FORWARD TWO STEPS; fc WALL; BROKEN BOX;;; 2 SIDE CLOSES; TWIRL 2;

1 - 8 {2 fwd two-stps} fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, - fc WALL;
{brkn box} sd L, cl R, fwd L, -; rk fwd R, -, rec L, -; sd R, cl L, bk R, -; rk bk L, -, rec R, -;
{2 sd cls} sd L, cl R, sd L, cl R;
{twirl 2} with ptr fcg M's L and W's R hnd jnd sd & fwd L to fc LOD, -, fwd R, - (*W sd & fwd R trng 1/2 RF
undr jnd hnds, -, sd & bk L trng 1/2 RF, -*) to *SCP LOD; *2nd time...BFLY WALL

9 – 16 2 FORWARD TWO STEPS; fc WALL; TRAVELING BOX w/TWIRL;;; SCISSORS THRU 2X; to BFLY WALL;

9 - 16 {2 fwd two-stps} fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, - fc WALL;
{trav box w/twirl} sd L, cl R, fwd L, -; ldg W to trn LF undr jnd ld hnds mvg twd RLOD fwd R, -, fwd L, - (*W
trng LF undr jnd lead hnds fwd L, -, cont trn bk R, -*); blending to CP sd R, cl L, bk R, -; blend to SCP wlk
fwd L, -, fwd R, -;
{scis thru 2X} sd L, cl R, XLif to LOP RLOD; sd R, cl L, XRif to BFLY WALL;

BRIDGE

1 SIDE DRAW CLOSE;

1 {sd draw cl} sd L, draw R, cl R, -;

Part B

1 – 8 VINE 3 TOUCH; WRAP TOUCH; UNWRAP TOUCH; CHANGE SIDES; CIRCLE AWAY 2 TWO STEPS;; STRUT TOGETHER 4; (BFLY);

1 - 8 {vin 3} sd L, XRib, sd L, tch R;
{wrap} ldg W to trn LF undr ld hnds sd R, XLib, sd R to WRP POS both fcg LOD, tch L (*W trn LF L, R,
L, tch R*) keep both hands jnd ld hnds over W's hnd & M's R & W's L at waist level;
{unwrap} release ld hnds M sip L, R, L, tch R (*W unwrap RF to arm's length R, L, R, tch L*) OP LOD;
{chg sds} raising jnd trail hnds to ld W undr & travg in a RF curv around W fwd R, cl L, fwd R to Bfly COH, -
(*W trng LF undr jnd trail hnds fwd L, cl R, fwd L, -*);
{circ awy 2 two-stps} trng LF (*W RF*) circ twd COH (*W twd WALL*) fwd L, cl R, fwd L, -; fwd R, cl L, fwd R
trng LF (*W RF*) fcg ptr no hnds jnd, -;
{strut tog 4} fwd L, -, fwd R, -; Fwd L, -, fwd R, - to BFLY COH;

9 – 16 VINE 3 TOUCH; WRAP TOUCH; UNWRAP TOUCH; CHANGE SIDES; CIRCLE AWAY & TOGETHER; (Bfly); SLOW OPEN VINE 4: (SCP);

9 -16 {vin 3} sd L, XRib, sd L, tch R;
 {wrap} ldg W to trn LF undr ld hnds sd R, XLib, sd R to WRP POS both fcg RLOD, tch L (*W trn LF L, R, L, tch R*) keep both hands jnd ld hnds over W's hnd & M's R & W's L at waist level;
 {unwrap} release ld hnds M sip L, R, L, tch R (*W unwrap RF to arm's length R, L, R, tch L*) OP RLOD;
 {chg sds} raising jnd trail hnds to ld W undr & travg in a RF curv around W fwd R, cl L, fwd R to Bfly WALL, - (*W trng LF undr jnd trail hnds fwd L, cl R, fwd L, -*);
 {circ awy & tog } separating frm ptr and mvg awy in a circular pattern fwd L, cl R, fwd L, -; cont circular pattern twd ptr fwd R, cl L, fwd R to BFLY WALL, -;
 {slow op vin 4} sd L with slight RF trn, -, cont RF trn XRIB to LOP RLOD, -; trng LF to fc sd L, -, XRIF to SCP LOD, - (*sd R with slight LF trn, -, cont LF trn XLIB to LOP RLOD, -; trng RF to fc sd R, -, XLIF SCP LOD, -*);

1 – 8 REPEAT Part A(1-8)**1 REPEAT BRIDGE****Part B(9-16)MOD****1 – 8 VINE 3 TOUCH; WRAP; UNWRAP to OP; FORWARD TWO STEP: CIRCLE AWAY & TOGETHER; (BFLY); OPEN VINE 4: *(BFLY);**

1 - 8 Repeat from meas 9 to 11 of Part B;;;
 {fwd two-stp} fwd R, cl L, fwd R, -;
 Repeat from meas 13 to 16;;; *ending pos...BFLY WALL

Part C**1 – 8 LACE UP;;; (CP/WALL); BOX;;; LIMP: SIDE & THRU to CP WALL;**

1 - 8 {lc up} passing bhd W to LOD ldg W under jnd ld hnds fwd L, cl R, fwd L, - (*W passing in front of M to LOD undr jnd ld hnds fwd R, cl L, fwd R, -*); fwd R, cl L, fwd R, - (*W fwd L, cl R, fwd L, -*); chg to M's R & W's L hnds passing bhd W to LOD ldg W undr jnd hnds fwd L, cl R, fwd L, - (*W chg hnds passing in front of M to LOD undr jnd hnds fwd R, cl L, fwd R,-*); fwd R, cl L, fwd R trn 1/4 RF to CP WALL, - (*W fwd L, cl R, fwd L trn 1/4 LF to CP, -*);
 {box} sd L, cl R, fwd L, -; sd R, cl L, bk R, -;
 {limp 4} sd L, XRib, sd L, XRib;
 {sd & thru} sd L, -, XRif, -;

9 – 16 L TURNING BOX;;; to BFLY; FACE to FACE; BACK to BACK; BASKETBALL TURN; to BFLY WALL;

9 -16 {L trng box} sd L, cl R, fwd L trn 1/4 LF, -; sd R, cl L, bk R trn 1/4 LF, -; sd L, cl R, fwd L trn 1/4 LF, -; sd R, cl L, bk R trn 1/4 LF, - to BFLY WALL;
 {fc to fc} sd L, cl R, sd L trng 1/2 LF (*W sd R, cl L, sd R trng 1/2 RF*) to BK to BK pos, -;
 {bk to bk} sd R, cl L, sd R trng 1/2 RF (*W sd L, cl R, sd L trng 1/2 LF*) to BFLY;
 {bball trn} lunge LOD L trng 1/4 RF, -, rec R trng 1/4 RF to LOP RLOD, -; lunge RLOD L trng 1/4 RF, -, rec R to Bfly W, -;

1 REPEAT BRIDGE**1 - 16 REPEAT Part B****ENDING****1 – 6 2 FORWARD TWO STEPS; fc WALL; BOX;;; SLOW OPEN VINE 3 & POINT THRU;**

1 - 6 {2 fwd two-stps} fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R, - fc WALL;
 {box} sd L, cl R, fwd L, -; sd R, cl L, bk R, -;
 {slow op vin 3 & pt LOD} sd L with slight RF trn, -, cont RF trn XRIB to LOP RLOD, -; trng LF to fc sd L, -, pt thru R to OP LOD, - (*W sd R with slight LF trn, -, cont LF trn XLIB to LOP RLOD, -; trng RF to fc sd R, -, pt thru L to OP LOD, -*);