

'L' Train

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Music: "The 'L' Train (from 'Shall We Dance')" by Stefano Nanni
MP3 download available from <https://www.casa-musica-shop.de>

Rhythm & Phase: Waltz Phase III **Original Time:** 2:16

Footwork: Opposite (*except where noted*) **Tempo:** as downloaded

Sequence: Intro, A, Bridge, B, C, Ending

Released: October 26, 2021 **Revised:** N/A

Introduction

- 1 – 4 Wait ;; Apart Point ; Together Touch Butterfly ;**
- 1 – 2 [Wait 2 Meas] Open Facing partner & Wall, lead feet free, Wait two measures ;;
- 1-- 3 [Apart Point] Apt L, pt R twd ptr, - ;
- 1-- 4 [Tog Tch] Tog R, tch L to BFLY Wall, - ;
- 5 – 8 Twirl Vine 3 ; Thru Side Close ; Twirl Vine 3 ; Thru Side Close to Closed ;**
- 5 [Twirl Vine 3] Sd L comm slight RF turn, XRib, sd L comm slight LF turn (*W sd and fwd R comm RF turn under joined lead hands, sd & bk L cont RF turn, sd and fwd R comp RF turn*) ;
- 6 [Thru Side Close] Thru R, sd L, cl R BFLY Wall ;
- 7 [Twirl Vine 3] Sd L comm slight RF turn, XRib, sd L comm slight LF turn (*W sd and fwd R comm RF turn under joined lead hands, sd & bk L cont RF turn, sd and fwd R comp RF turn*) ;
- 4 [Thru Side Close] Thru R, sd L, cl R CP Wall ;

Part A

- 1 – 4 Box ;; Reverse Box ;;**
- 1-4 [Box] fwd L, sd R, cl L ; bk R, sd L, cl R ; [Rev Box] bk L, sd R, cl L ; fwd R, sd L, cl R ;
- 5 – 8 Whisk ; Maneuver ; Spin Turn ; Box Finish ;**
- 5 [Whisk] Fwd L, fwd & sd R rising, XLIB R (*XRIB L*) cont rise to tight SCP LOD ;
- 6 [Maneuver] Thru R comm RF trn, sd L comp RF trn to fc partner in CP RLOD, cl R ;
- 7 [Spin Turn] Comm RF upper body trn bk L pivoting RF, Fwd R between W's feet cont trn, sd & bk L CP DLW ;
- 8 [Box Finish] Bk R comm LF trn, sd L comp ¼ LF trn, cl R DLC ;
- 9 – 12 1 Left Turn Rev; Back Waltz ; Impetus Semi ; Thru Hover Banjo ;**
- 9 [1 Left Turn] Fwd L comm LF trn, sd R comp 3/8 LF trn, cl L RLOD ;
- 10 [Back Waltz] Bk R, sd & bk L, cl R ;
- 11 [Impetus Semi] Bk L with strong RF trn, cl R heel trn CP DLW, sd L (fwd in SCP) DLC (*Fwd R with strong RF trn, sd & fwd L around M cont trn, sd R (fwd in SCP)*) ;
- 12 [Thru Hover Banjo] Thru R, fwd L w/ rise & slight LF upper body trn to BJO, rec R (*Thru L, fwd R w/ rise & RF trn to BJO & brush, fwd L*) ;
- 13 – 16 Back Hover Semi ; Maneuver ; 2 Right Turns Wall ;;**
- 13 [Back Hover Semi] Bk L, bk & sd R w/ rise & brush w/ slight RF trn to SCP LOD, fwd L in SCP ;
- 14 [Maneuver] Thru R comm RF trn, sd L comp RF trn to fc partner in CP RLOD, cl R ;
- 15-16 [2 Right Turns Wall] Bk L comm RF trn, sd R comp 3/8 RF trn, cl L ; Fwd R comm RF trn, sd L comp 3/8 RF trn, cl R WALL ;

Bridge

1 – 3 Hover ; Thru Face Close ; Canter ;

- 1 [Hover] Fwd L, fwd & slightly sd R rising, sd L (fwd in SCP) LOD ;
 2 [Thru Face Close] Thru R, sd L facing partner, cl R CP Wall ;
 1-3 3 [Canter] Sd L, draw R, cl R ;

Part B

1 – 4 Left Turning Box ;;;;

- 1-4 [Left Turning Box] Fwd L comm LF trn, sd R comp ¼ LF trn, cl L ; bk R comm LF trn, sd L comp ¼ LF trn, cl R ; Fwd L comm LF trn, sd R comp ¼ LF trn, cl L ; bk R comm LF trn, sd L comp ¼ LF trn, cl R ;

5 – 8 Whisk ; Thru Hover Banjo ; Back Hover Semi ; Maneuver ;

- 5 [Whisk] Fwd L, fwd & sd R rising, XLIB R (*XRIB L*) cont rise to tight SCP LOD ;
 6 [Thru Hover Banjo] Thru R, fwd L w/ rise & slight LF upper body trn to BJO, rec R (*Thru L, fwd R w/ rise & RF trn to BJO & brush, rec L*) ;
 7 [Back Hover Semi] Bk L, bk & sd R w/ rise & brush w/ slight RF trn to SCP LOD, fwd L in SCP ;
 8 [Maneuver] Thru R comm RF trn, sd L comp RF trn to fc partner in CP RLOD, cl R ;

9 – 12 Spin Turn ; Back Half Box ; Hover ; Pick Up Sidecar ;

- 9 [Spin Turn] Comm RF upper body trn bk L pivoting RF, Fwd R between W's feet cont trn, sd & bk L CP DLW ;
 10 [Back Half Box] Bk R, sd L, cl R ;
 11 [Hover] Fwd L, fwd & slightly sd R rising, sd L (fwd in SCP) LOD ;
 12 [Pick Up SCAR] Thru R trng LF, sd & fwd L blending to SCAR DLW, cl R ;

13 – 16 Cross Hover Banjo ; Cross Hover Sidecar ; Cross Hover Semi ; Thru Face Close Butterfly ;

- 13 [Cross Hover BJO] XLIF, fwd & sd R w/slight rise & LF trn, fwd L to BJO DLC ;
 14 [Cross Hover SCAR] XRIF, fwd & sd L w/slight rise & RF trn, fwd R to SCAR DLW ;
 15 [Cross Hover SCP] XLIF, fwd & sd R w/slight rise & RF trn to SCP, fwd L in SCP LOD ;
 16 [Thru Face Close BFLY] Thru R, sd L facing partner, cl R BFLY Wall ;

Part C

1 – 4 Waltz Away ; Wrap the Lady ; Forward Waltz ; Thru Face Close Closed ;

- 1 [Waltz Away] Sd & fwd L down LOD releasing lead hnds trng LF (*RF*), fwd R down LOD to bk to bk "V" pos, cl L ;
 2 [Wrap Lady] Fwd R moving trl hnds bk to ld W to wrp LF, fwd L, cl R joining ld hnds in frnt of W WRP LOD (*fwd L start full LF trn with ld hnd above trl arm, sd & bk R cont LF trn, cl L*) ;
 3 [Forward Waltz] Fwd L, fwd R, cl L ;
 4 [Thru Face Close Closed] Fwd R, fwd & sd L dropping hands & trng RF (*LF*) to face partner, cl R CP Wall ;

4 – 8 Hover ; Thru Hover Banjo ; Back Hover Semi ; Maneuver ;

- 5 [Hover] Fwd L, fwd & slightly sd R rising, sd L (fwd in SCP) LOD ;
 6 [Thru Hover Banjo] Thru R, fwd L w/ rise & slight LF upper body trn to BJO, rec R (*Thru L, fwd R w/ rise & RF trn to BJO & brush, rec L*) ;
 7 [Back Hover Semi] Bk L, bk & sd R w/ rise & brush w/ slight RF trn to SCP LOD, fwd L in SCP ;
 8 [Maneuver] Thru R comm RF trn, sd L comp RF trn to fc partner in CP RLOD, cl R ;

9 – 12 Impetus Semi ; Pick Up Sidecar ; Cross Hover Banjo ; Cross Hover Sidecar ;

- 9 [Impetus Semi] Bk L with strong RF trn, cl R heel trn CP DLW, sd L (fwd in SCP) DLC (*Fwd R with strong RF trn, sd & fwd L around M cont trn, sd R (fwd in SCP)*);
- 10 [Pick Up SCAR] Thru R trng LF, sd & fwd L blending to SCAR DLW, cl R ;
- 11 [Cross Hover BJO] XLIF, fwd & sd R w/slight rise & LF trn, fwd L to BJO DLC ;
- 12 [Cross Hover SCAR] XRIF, fwd & sd L w/slight rise & RF trn, fwd R to SCAR DLW ;
- 13 – 16 Cross Hover Semi ; Maneuver ; Spin Turn ; Box Finish ;**
- 13 [Cross Hover SCP] XLIF, fwd & sd R w/slight rise & RF trn to SCP, fwd L in SCP LOD ;
- 14 [Maneuver] Thru R comm RF trn, sd L comp RF trn to fc partner in CP RLOD, cl R ;
- 15 [Spin Turn] Comm RF upper body trn bk L pivoting RF, Fwd R between W's feet cont trn, sd & bk L CP DLW;
- 16 [Box Finish] Bk R comm LF trn, sd L comp ¼ LF trn, cl R DLC ;

Ending

- 1 – 4 2 Left Turns Wall ;; Hover ; Thru Hover Banjo ;**
- 1-2 [2 Left Turns Wall] Fwd L comm LF trn, sd R comp 3/8 LF trn, cl L ; Bk R comm LF trn, sd L comp 3/8 LF trn, cl R WALL ;
- 3 [Hover] Fwd L, fwd & slightly sd R rising, sd L (fwd in SCP) LOD ;
- 4 [Thru Hover Banjo] Thru R, fwd L w/ rise & slight LF upper body trn to BJO, rec R (*Thru L, fwd R w/ rise & RF trn to BJO & brush, fwd L*) ;
- 5 – 6 Back Hover Semi ; Chair ;**
- 5 [Back Hover Semi] Bk L, bk & sd R w/ rise & brush w/ slight RF trn to SCP LOD, fwd L in SCP ;
- 1-- 6 [Chair] Lunge thru R, - , - ;