



Approved by:



Down At The Station

| 4 WALL – 32 COUNTS – IMPROVER | | | |
|-------------------------------|---|--------------------|--------------|
| STEPS | ACTUAL FOOTWORK | CALLING SUGGESTION | DIRECTION |
| Section 1 | Cross Rock, Chasse (x 2) | | |
| 1 – 2 | Cross rock right over left. Recover onto left. | Cross Rock | On the spot |
| 3 & 4 | Step right to side. Close left beside right. Step right to side. | Chasse Right | Right |
| 5 – 6 | Cross rock left over right. Recover onto right. | Cross Rock | On the spot |
| 7 & 8 | Step left to side. Close right beside left. Step left to side. | Chasse Left | Left |
| Section 2 | Cross, Side, Sailor Step, Cross, Side, Sailor 1/4 Turn | | |
| 1 – 2 | Cross right over left. Step left to side. | Cross Side | Left |
| 3 & 4 | Cross right behind left. Step left to side. Step right to place (angle body right). | Right Sailor | On the spot |
| 5 – 6 | Cross left over right. Step right to side. | Cross Side | Right |
| 7 & 8 | Cross left behind right. Step right to side. Turn 1/4 left stepping left forward. (9:00) | Sailor Turn | Turning left |
| Restart | Wall 8: Omit 1/4 turn left (just do sailor step, staying on 3:00 wall) then Restart. | | |
| Section 3 | Forward Shuffle x 2, Step Pivot 1/2 Turn x 2 | | |
| 1 & 2 | Step right forward. Close left beside right. Step right forward. | Right Shuffle | Forward |
| 3 & 4 | Step left forward. Close right beside left. Step left forward. | Left Shuffle | |
| 5 – 6 | Step right forward. Pivot 1/2 turn left. | Step Pivot | Turning left |
| 7 – 8 | Step right forward. Pivot 1/2 turn left. | Step Pivot | |
| Section 4 | Kick & Touch & Kick & Touch, Cross Rock, Triple Full Turn | | |
| 1 & | Kick right forward. Step right beside left. | Kick & | On the spot |
| 2 & | Touch left behind right heel. Step left beside right. | Touch & | |
| 3 & | Kick right diagonally forward right. Step right beside left. | Kick & | |
| 4 | Touch left beside right (facing right diagonal). | Touch | |
| 5 – 6 | Cross rock left over right. Recover onto right. | Cross Rock | |
| 7 & 8 | Triple step full turn left, stepping - left, right, left. (9:00) | Triple Full Turn | Turning left |

Choreographed by: Fred Whitehouse (UK) July 2015

Choreographed to: 'Down At The Station' by Billy Yates from CD Favorites; download available from amazon or iTunes (32 count intro)

Restart: One Restart during Wall 8



A video clip of this dance is available at www.linedancerweb.com