



# Gravy Train (Ahh Bisto)

**Choreographers: David Sinfield & Rob Fowler & I.C.E. – November 2020**

**Counts: 32 - Walls: 4 - Level: Absolute Beginner**

**Music: Gravy (For My Mashed Potatoes) by Dee Dee Sharp - 2m 04s (iTunes, Amazon Music and Spotify)**

**BPM: 132 (approx.) - Intro: 16 counts (approx. 9 secs)**

<b>S1</b>	<b>GRAPEVINE RIGHT, TOUCH, HIP BUMPS LEFT, HIP BUMPS RIGHT</b>	
1,2,3	Step right to right side, cross left behind right, step right to right side	
4	Touch left beside right	
5&6	Bump hips left, right, left	
7&8	Bump hips right, left, right	12:00
<b>S2</b>	<b>GRAPEVINE LEFT, TOUCH, HIP BUMPS RIGHT, HIP BUMPS LEFT</b>	
1,2,3	Step left to left side, cross right behind left, step left to left side	
4	Touch right beside left	
5&6	Bump hips right, left, right	
7&8	Bump hips left, right, left	12:00
<b>S3</b>	<b>WALK FORWARD x3, KICK, WALK BACK x3, TOUCH</b>	
1,2,3	Walk forward right, left, right	
4	Kick left foot forward	
5,6,7	Walk back left, right, left	
8	Touch right beside left	12:00
<b>S4</b>	<b>PIVOT 1/8 TURN LEFT x2, JAZZ JUMP FORWARD, CLAP, JAZZ JUMP BACK, CLAP</b>	
1,2	Step right forward, pivot 1/8 turn left	
3,4	Step right forward, pivot 1/8 turn left	
&5,6	Small jump forward on right, small jump forward on left, clap hands	
&7,8	Small jump back on right, small jump back on left, clap hands	9:00

**Start Over**

**Happy Dancing**

## **OPTIONAL HAND AND ARM MOVEMENTS**

On section 1 during the hip bumps - two right mashed potatoes (right fist on top), then two left mashed potatoes (left fist on top)

On section 2 during the hip bumps - do finger rolls with one hand on elbow and the other forearm vertical, rotating wrist with index finger extended upwards