



## Northwest Slide

AUGUST 6, 2020

**Music: "Love Train" by The O'Jays (1972)**

Part 1: Nightclub 2-Step section	back	step	triple step	back	step	triple step		
	1	2	3 & 4	5	6	7 & 8		
	L	R	L R L	R	L	R L R		
Part 2: Paddle Turn/Push Turn	slow	quick	quick	slow	quick	quick		
	1	3	4	5	7	8		
	L	R	L	R	L	R		
	Fwd	turn	turn	Fwd	turn	turn		
		(push)		(push)				
Part 3: Heels & Cross Over	heel	step	heel	step	heel	step	cross	step
	1	2	3	4	5	6	7	8
	L	L	R	R	L	L	R	L
Part 4: Touches/Kicks/Slide	touch	touch	kick-ball-change	kick-ball-change	slide			
	1	2	3 & 4	5 & 6	7 & 8			
	R-fwd	R-back	R R L	R R L	Right			

**Choreography: Guy Caridi**

**Original Idea: Matt Liu**

**Title: Karin Strand**

**Dance Consultants: Nancy Fry, Linda Hickey, Cathy Footer, Matt Liu, Kelli Jayn Nichols, David Kositsky**