

Age Is Just a Number

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Helen Parkyn (UK) - September 2023

Musik: Age Is Just a Number - Dave Sheriff



Intro – 32 counts. No tags, no restarts

RIGHT TOE, HEEL, DIAGONAL STEP LOCK STEP, LEFT CROSS ROCK, SIDE, RIGHT CROSS ROCK, SIDE

- 1, 2, 3&4 – touch right toe to left instep, touch right heel to left instep, step forward right diagonal, lock the left behind right, step forward right diagonal
- 5&6 7&8 – cross rock left over right, recover back onto right, step left to left side, cross rock right over left, recover back onto left, step right to right side

LEFT TOE, HEEL, DIAGONAL STEP LOCK STEP, RIGHT CROSS ROCK, SIDE, LEFT CROSS ROCK SIDE

- 1, 2, 3&4 – touch left toe to right instep, touch left heel to right instep, step forward left diagonal, lock the right behind left, step forward left diagonal
- 5&6 7&8 – cross rock right over left, recover back onto left, step right to right side, cross rock left over right, recover back onto right, step left to left side

RIGHT STEP FORWARD, PIVOT 1/2 TURN LEFT (6.00), RIGHT SHUFFLE, LEFT ROCK FORWARD, RECOVER, LEFT COASTER

- 1, 2, 3&4 – step forward right, pivot 1/2 left (6.00), shuffle forward right (step forward right, close left, step forward right)
- 5, 6, 7&8 – rock forward left, recover back onto right, left coaster (step back left, close right beside, step forward left)

RIGHT ROCK FORWARD, RECOVER, 1/4 TURN RIGHT INTO RIGHT SIDE SHUFFLE (9.00), LEFT ROCK FORWARD, RECOVER, LEFT COASTER

- 1, 2, 3&4 – rock forward right, recover back onto left, turn 1/4 right (9.00) into right side shuffle (step right to right side, close left, step right to right side)
- 5, 6, 7&8 – rock forward left, recover back onto right, left coaster (step back left, close right beside, step forward left)

START AGAIN HAPPY DANCING

Grassroots instructor finalists UKLDA 2022