

Forty-Years-Young

Count: 32

Wand: 0

Ebene:

Choreograf/in: Barb Abrey, Gail Callicott, Terry Conron, Bob Crew (CAN), Deb Crew (CAN), Jackie Crew (CAN), Laurie Glenn, Dan Morrison (CAN) & Steve Morrison (CAN)

Musik: Wooly Bully - Sam the Sham



This song has a long introduction. To break the monotony and so that you do not feel foolish just standing on the dance floor, may we suggest that you do the following dance movements until the lyrics begin.

THE SWIM: YOU MUST SHIMMY THROUGHOUT THE WHOLE SWIM AND SINK SEQUENCES.

Swim: Right arm swims forward for 2 beats...left arm swims forward for 2 beats (4 beats)

Swim: Right arm swims forward for 2 beats...left arm swims forward for 2 beats (4 beats)

Sink: Plug your nose and bend your knees...unplug your nose and stand straight (2 beats)

Sink: Plug your nose and bend your knees...unplug your nose and stand straight (2 beats)

Repeat the Swim and Sink movements three (3) more times (for a total of 48 beats) until the lyrics begin.

THE DANCE

THE SMIGEON PIGEON

1-4 Two pigeon toes (swivel heels apart, together; swivel heels apart, together)

THE STEVE WALK

5-6 Step forward right, step left beside right (legs are slightly apart)

7-8 Two pelvic thrusts forward (grunt with each pelvic thrust)

WAX ON, WAX OFF

9-10 Circle right foot in a ½ circle moving to the right, step on right foot

11-12 Circle left foot in a ½ circle moving to the left, step on left foot

DEB'S FUNKY CHICKEN

13-16 Walk forward right, left, right, left (knees come together then apart on each step forward)

POLKA DAN SHUFFLES

17-20 Two 3-step shuffles backwards: (right-left-right, left-right-left)

THE TERRY TWISTER

21 Right toe swivels to the right (right hand moves to the right)

22 Right heels swivels to the right (right elbow moves to the right)

23 Left toe swivels to the left (left hand moves to the left)

24 Left heels swivels to the left (left elbow moves to the left) (legs should now be apart)

THE MONKEY (ARMS ARE FULLY EXTENDED, SHOULD-HEIGHT, IN FRONT OF YOU)

25-26 Lower right arm, raise left arm; lower left arm, raise right arm

27-28 Lower right arm, raise left arm; lower left arm, raise right arm

JACKIE'S JAZZ

29-32 Step right over left, step back left, step ¼ turn right, step left together

REPEAT