# Built For Old Age

**Count:** 32      **Wand:** 4      **Ebene:** Improver nightclub

**Choreograf/in:** Moses Bourassa Jr. (USA) & Barbara Frechette (USA)

**Musik:** Old Age Remix - Glenn Rogers

### SLIDE STEPS, ROCK STEPS, ¼ TURN STEP

| | |
|---|---|
| 1-2& | Slide left to left side, rock right back behind left, recover on left |
| 3-4& | Slide right to right side, rock left behind right, recover on right |
| 5-6& | Step left making ¼ turn to the left, step right to right side, rock left behind right |
| 7-8& | Slide left to left side, rock right back behind left, recover on left |

### TOE TOUCHES, FULL TURN TO THE RIGHT, FULL TURN TO THE LEFT

| | |
|---|---|
| 1-2 | Touch right over left, touch right to right side |
| 3& | Step right making ¼ turn to the right, step left back making ½ turn to the right |
| 4-5 | Step right making ¼ turn to the right, touch left over right |
| 6-7 | Touch left to left side, step left making ¼ turn to the left |
| &8 | Step right back making ½ turn to the left, step left making ¼ turn to the left |

### STEP-LOCK-STEP, ½ TURN TO THE LEFT, CROSS TOUCH, SLIDE STEPS, ROCK STEPS, RECOVERS

| | |
|---|---|
| 1-2& | Step forward on right, lock left behind right, step forward on right |
| 3-4& | Step left making ¼ turn to the left, step right back making ¼ turn to the left, touch left over right |
| 5-6& | Slide left to left side, rock right back behind left, recover on left |
| 7-8& | Slide right to right side, rock left behind right, recover on right |

**Restart at wall 3 which is facing 6:00 wall**

### STEP-LOCK-STEP, ½ TURN TO THE RIGHT, CROSS TOUCH, SLIDE STEPS, ROCK STEPS, RECOVERS, TOUCH

| | |
|---|---|
| 1-2& | Step forward on left, lock right behind left, step forward on left |
| 3-4& | Step right making ¼ turn to the right, step left back making ¼ turn to the right, touch right over right |
| 5-6& | Slide right to right side, rock left back behind right, recover on right |
| 7-8& | Slide left to left side, step right next to left, touch left next to right |

### REPEAT