

For Old Times

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Marie Sørensen (TUR) - February 2014

Musik: I Cry - Bouke



Intro: 16 Counts - No Tags or Restart !

CROSS BACK, CHASSE LEFT, CROSS BACK, CHASSE RIGHT

- 1-2 Cross left over right, step back on right
- 3&4 Step left to left side, step right next to left, step left to left side
- 5-6 Cross right over left, step back on left
- 7&8 Step right to right side, step left next to right, step right to right side (12:00)

CROSS ROCK, RECOVER, CHASSE, CROSS ROCK, CHASSE 1/4 TURN RIGHT

- 1-2 Cross rock left over right, recover
- 3&4 Step left to left side, step right next to left, step left to left side
- 5-6 Cross rock right over left, recover
- 7&8 Step right to right side, step left next to right, 1/4 turn right, step fwd. right (03:00)

ROCKIN' CHAIR, JAZZ BOX, CROSS

- 1-2 Rock fwd. left, recover
- 3-4 Rock back left, recover
- 5-6 Cross left over right, step back on right
- 7-8 Step left next to right, cross right over left (03:00)

LOCK STEP BACK LEFT, ROCK, RECOVER, LOCK STEP FWD. RIGHT, SKATE, SKATE

- 1&2 Step back on left, lock right in front of left, step back on left
- 3-4 Back rock right, recover
- 5&6 Step fwd. right, lock left behind right, step fwd. right
- 7-8 Skate left fwd. skate right fwd. (03:00)

STEP 1/4 TURN RIGHT, CROSS SHUFFLE, 1/4 TURN LEFT X 2, CROSS SHUFFLE

- 1-2 Step fwd. left, 1/4 turn right (Weight on right) (06:00)
- 3&4 Cross left over right, step right to right side, cross left over right
- 5-6 1/4 turn left, step back on right, 1/4 turn left, step left to left side
- 7&8 Cross right over left, step left to left side, cross right over left (12:00)

ROCK, RECOVER, BEHIND, SIDE, CROSS, CHASSE, BACK ROCK, RECOVER, SIDE

- 1-2 Rock left to left side, recover
- 3&4 Cross left behind right, step right to right side, cross left over right
- 5&6 Step right to right side, step left next to right, step right to right side
- 7&8 Rock left behind right, recover, step left to left side (12:00)

HEEL GRIND, SIDE, BEHIND, SIDE, HEEL GRIND, SIDE, BEHIND, SWEEP

- 1-2 Heel grind right over left, step left to left side
- 3-4 Cross right behind left, step left to left side
- 5-6 Heel grind right over left, step left to left side
- 7-8 Cross right behind left, sweep left from front to back (12:00)

BEHIND, SIDE, CROSS, CHASSE, CROSS ROCK, RECOVER, 1/4 TURN LEFT, STEP FWD.

- 1&2 Cross left behind left, step right to right side, cross left over right
- 3&4 Step right to right side, step left next to right, step right to right side

5-6 Cross rock left over right, recover (12:00)
7-8 1/4 turn left, step fwd. left, step fwd. right (09:00)

NOTE - This dance is written by request from Ilse Hamers, as a tribute to her linedance friends in The Chieftains/Netherland, because they have been so faithful to her throughout many years.

Have Fun!

Contact: sunshinecowgirl1960@gmail.com
