

Memories Stroll

Compte: 42

Mur: 4

Niveau: High Beginner

Chorégraphe: Bubba Carl Williams (USA) & Joy Hicks Williams (USA) - July 2016

Musique: Been Around a Long Time - Delbert McClinton & Glen Clark



Intro: 24 beats, start with vocals

S1: Stroll Right Foot

1-4 Cross right foot over left, tap toe, bring right foot back tap, cross right foot over left, tap, bring right foot back replace weight.

5-6 Bring left foot behind right, bring right foot back to left with weight

S2: Stroll Left Foot

1-4 Cross left foot over right, tap toe, bring left foot back tap, cross left foot over right, tap, bring left foot back replace weight.

5-6 Bring right foot behind left, bring left foot back to right with weight

S3: Twist About

1-2 Shag Front Prep Step right foot over left point left foot out (point toe of left foot out)

3&4 Cross left behind right, step right, cross left front across right

5-6 Cross right foot over left (balls of your feet) twist or rotate body 180° ½ wall turn. Place weight on left foot

S4: Cha Cha, Rock Replace

1&2 Right foot cha cha cha forward (shuffle, shuffle)

3&4 Left foot cha cha cha forward (shuffle, shuffle)

5-6 Rock forward on right foot, recover weight back on to left foot

S5: Cha Cha, Rock Replace

1&2 Right foot cha cha cha back (shuffle, shuffle)

3&4 Left foot cha cha cha back (shuffle, shuffle)

5-6 Rock backward on right foot; recover weight back on to left foot

S6: Front Prep, Syncopated Jazz Box

1-2 Shag Front Prep Step right foot over left point left foot out (point toe of left foot out)

3&4 Cross left behind right; step right, cross left front across right

5-6 Cross right foot over left doing a step turn ¼ left. Place weight on left foot

S7: Stroll Walk (Forward)

1-2 Step forward on right foot with weight, step left behind right (lock step)

3-4 Step forward on right foot with weight, step forward on left foot with weight

5-6 Step right foot behind left (lock step), step forward on left with weight

Repeat to end