# Our Old Age (P)



Compte: 32 Mur: 0 Niveau: Partner Chorégraphe: Moses Bourassa Jr. (USA) & Barbara Frechette (USA)

Musique: Old Age Remix - Glenn Rogers



Position: Sweetheart Position. Identical footwork unless otherwise noted. Man is slightly behind lady

#### SLIDE STEPS, ROCK STEPS, RECOVER STEPS

#### These steps are done in progression diagonally forward

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& 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

#### STEP-LOCK-STEPS,1/2 TURN TO THE RIGHT BASIC,1/2 TURN TO THE LEFT BASIC

1-2& Step forward on left, lock right behind left, step forward on left

#### Couple will disconnect left hands as right hands go over lady's head in making this move

3-4 Step right making ¼ turn to the left, step left back making ¼ turn to the left & touch right over

left

### Couple will reconnect hands after movement

4-5& Step forward on right, lock left behind right, step forward on right

#### Couple will disconnect right hands as left hands go over lady's head

6-7 Step right making ¼ turn to the right, step left back making ¼ turn to the right

&8 Touch left over right, hold Couple will reconnect hands afterwards

#### STEP-LOCK-STEPS

#### These steps are done in a forward progression

1-2&	Step forward on right, lock left behind right, step forward on right
3-4&	Step forward on right, lock left behind right, step forward on 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

# STEP-LOCK-STEP, STEP-½ TURN TO THE LEFT-STEP, STEP-½ TURN TO THE RIGHT-STEP, STEP-ROCK-RECOVER

1-2& Step forward on left, lock right behind left, step forward on left

## Couple will disconnect right hands as left hands go over lady's head

3-4& Step forward on right, step left making ½ turn to the left, step forward on right

Couple will reconnect hands after movement. Couple will disconnect right hands as left hands go over lady's head

5-6& Step forward on left side, step right making ½ turn to the right, step forward on left

#### Couple will connect hands afterwards

7-8& Slide right to right side, rock left behind right, recover with right

#### **REPEAT**