

The Good Old Days

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Colleen Archer (AUS) - January 2017
音乐: The Good Old Days - Chris Sebastian : (Album: The Good Old Days - iTunes - 3:11)



Intro: 24 counts - SP: Weight L - BPM:150 - Rotation: ¼ CCW

S1: Behind, Rock side, Recover, Across, Sweep

1 – 3 Step R behind L, Rock step L to left side, Recover R
4 – 6 Step L across R to 45° right , Sweep R forward for 2 counts □(12)

S2: Lunge, Hold, Hold, Back, Drag

1 – 3 Lunge R forward to 45° right, Hold, Hold
4 – 6 Step L back, Drag R back for 2 counts (facing diagonal) □(12)

S3: Waltz back & turn ½, Forward, Sweep forward

1 – 3 Step R back, Turn ½ left and step L beside R, Step R beside L (facing diagonal)
4 – 6 Step L forward, Sweep R forward and around taking 2 counts (straighten up)(6)

S4: Across, Side, Behind, Rock side, Hold, Hold

1 – 3 Step R across L, Step L to left side, Step R behind L
4 – 6 Rock step L to left side, Hold, Hold (6)

S5: ¼ Turn & Forward, ½ Pivot, ¼ Turn & Side, Hold, Hold

1 – 3 Turn ¼ right & step R forward, Step L forward, Turn ½ right taking weight R
4 – 6 #□ Turn ¼ right & step L to left side, Hold, Hold □ (Restart) (finish)□(6)

S6: Behind, Rock side, Recover, Across, Unwind ½

1 – 3 Step R behind L, Rock step L to left side, Recover R
4 – 6 Touch L toe across R, Slowly unwind ½ right taking weight onto L□(12)

S7: Waltz back, Forward, Small Hitch

1 – 3 Step R back, Step L beside R, Step R beside L
4 – 6 Step L forward, Small hitch R knee taking 2 counts □□(12)

S8: Back, ¼ Turn & Sweep, Back, Sweep

1 – 3 Step R back, Turn ¼ left (on ball of R) while sweeping L around & back
4 – 6 Step L back, Sweep R around & back taking 2 counts □□(9)

Begin dance again.....

Tag: □ Complete wall 3, add following steps and begin wall 4 facing 3 o'clock.

Behind, Rock side, Recover, Across, Hold

1 – 3 Step R behind L, Rock step L to left side, Recover R
4 – 6 Step L across R, Touch R to right side, Hold

Restart: # Wall 7, dance first 30 counts of dance and begin Wall 8 facing 12 o'clock.

Finish: # Dance first 30 counts of dance, Hold, Hold

Dance may be copied and distributed provided original steps remain unchanged.

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