

Old School

拍数: 64 墙数: 2 级数: Easy Intermediate
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音乐: Old School - Abraham Mateo



Intro: 16 counts - Sequence: (48-Tag-64)-(48-64)-(48-64)

SEC 1: FORWARD X2, FORWARD SHUFFLE, FORWARD ROCK, RECOVER, TRIPLE FULL TURN,

1-2 RF forward, LF forward
3&4 RF forward, LF beside RF, RF forward
5-6 LF forward rock, RF recover
7&8 1/2 turn L with LF forward, 1/2 turn L with RF beside LF, LF slightly forward(12:00)

SEC 2: CROSS ROCK, RECOVER, SIDE, CROSS SHUFFLE, SIDE ROCK, RECOVER, 1/4 R WITH SAILOR STEP

1-2& RF cross rock over LF, LF recover, RF side
3&4 LF cross over RF, RF side, LF cross over RF
5-6 RF side rock, LF recover
7&8 RF cross behind LF, 1/4 turn R with LF beside RF, RF forward(3:00)

SEC 3: FORWARD ROCK, RECOVER, TOGETHER, FORWARD, 1/4 R WITH SIDE, SAILOR STEP, CROSS, 1/4 L WITH BACK

1-2& LF forward rock, RF recover, LF beside RF
3-4 RF forward, 1/4 turn R with LF side
5&6 RF cross behind LF, LF side, RF slightly diagonal forward
7-8 LF cross over RF, 1/4 turn L with RF back(3:00)

SEC 4: 1/2 L WITH SHUFFLE, FORWARD X2, HOP & BOUNCE, HOP & BOUNCE

1&2 1/4 turn L with LF side, RF beside LF, 1/4 turn L with LF forward
3-4 RF forward, LF forward
&5-6 hop R with RF diagonal forward, LF touch beside RF, bounce(or hold)
&7-8 hop L with LF diagonal forward, RF touch beside LF, bounce(or hold)(9:00)

SEC 5: SAMBA STEP, FORWARD ROCK, RECOVER, 1/4 L WITH SIDE, SWIVEL, IN PLACE, SWIVEL, IN PLACE, TOGETHER, SIDE

1&2 RF cross over LF, LF side rock, RF recover
3-4 LF forward rock, RF recover
5&6& 1/4 turn L with LF side, RF swivel(heel out), RF in place, LF swivel(heel out)
7&8 LF in place, RF beside LF, LF side(6:00)

SEC 6: FORWARD ROCK, RECOVER WITH SWEEP, SAILOR STEP, BACK ROCK, RECOVER, SIDE ROCK, RECOVER, FORWARD

1-2 RF forward rock, LF recover with RF sweep from front to back
3&4 RF cross behind, LF side, RF side
5-6 LF back rock, RF recover
&7-8 LF side rock, RF recover, LF forward(6:00)

*Restarts here *

SEC 7: REPEAT SEC 5

1&2 RF cross over LF, LF side rock, RF recover
3-4 LF forward rock, RF recover
5&6& 1/4 turn L with LF side, RF swivel(heel out), RF in place, LF swivel(heel out)
7&8 LF in place, RF beside LF, LF side

SEC 8: FORWARD ROCK, 1/4 R WITH RECOVER, BACK, OUT, OUT, BACK ROCK, RECOVER, SIDE ROCK, RECOVER, FORWARD

1-2 RF forward rock, 1/4 turn R with LF recover with sweep from front to back
3&4 RF cross behind, LF side, RF side
5-6 LF back rock, RF recover
&7-8 LF side rock, RF recover, LF forward

TAG (4count): After 1st wall,

1-4 RF forward rock, LF recover, RF back rock, LF recover(rocking chair)(6:00)

RESTART: On the 1st, 3rd, 5th walls, you should dance until 48 count and start again

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