

The Older I Get - NC

拍数: 32 墙数: 4 级数: Improver NC
编舞者: Dorthe Michelsen (DK) - October 2019
音乐: The Older I Get - Alan Jackson



Intro: 16 counts, start on "Get" - No tag – no restart

Section 1: Basic NC right and left, Dorothy forward right and left

1-2& Step right to the right side, rock back on left, recover on right
3-4& Step left to the left side, rock back on right, recover on left
5-6& Step diagonally forward on right, lock left behind right, step forward on right
7-8& Step diagonally forward on left, lock right behind left, step forward on left

Section2: Rock forward right, recover on left, turn ½ right, basic NC left, vine ¼, sway X3

1-2& Rock forward on right, recover on left, turn ½ right on right
3-4& Step left to the left side, rock back on right, recover on left
5-6& Step right to the right side, step left behind right, ¼ turn right on right
7-8& Sway LRL

Section 3: Rumbabox forward right, rumbabox back right (digital 8)

1-2& Step right to the right side, step left together, step forward on right
3-4& Step left to the left side, step right together, step back on left
5-6& Step right to the right side, step left together, step back on right
7-8& Step left to the left side, step right together, step forward on left

Section 4: Rock, recover, together, X2, basic NC right, sway X3

1-2& Rock forward on right, recover on left, step right together
3-4& Rock forward on left, recover on right, step left together
5-6& Step right to the right side, rock back on left, recover on right
7-8& Sway LRL

Start again

Ending: You will begin the dance for the final time facing 9:00.

In last section (6:00) dance 1-6& touch right toe across left (7), ½ unwind left (8)