

# Older Ladies Anthem

拍数: 18                      墙数: 2                      级数:  
编舞者: Orsola Amoroso (UK) - April 2020  
音乐: Older Ladies - Donnalou Stevens



## SIDE, BEHIND & HEEL & CROSS, ½ HINGE TURN RIGHT, CROSS SHUFFLE

1-2                      Step right to side, Step left behind right.  
&3&4                      Step onto right, Dig left heel fwd, Step left beside right, Cross right over left.  
5-6                      Step ¼ turn right back onto left, Step ¼ turn right stepping right to right side.  
7&8                      Cross left over right, Step right to right side, Cross left over right.

## SIDE ROCK, ¾ TRIPLE TURN RIGHT. HEEL SWITCHES, TAP.

1-2                      Rock right to right side, Recover weight onto left.  
3&4                      Triple ¾ turn right stepping right, left, right.  
5&6                      Dig left heel forward, replace next to right, Dig right heel forward.  
&7&8                      Replace right next to left, Dig left heel forward, Replace left next to right. Tap right in place next to left.

## HIP BUMPS RIGHT X 2

1-2                      Bump hips to right, Bump hips to right.

On walls. 3, 7 & 12 Restart the dance after the heel switches and tap.

Tag at end of Walls 4 & 9

## JAZZBOX CROSS

1-2                      Cross right over left, Step left back  
3-4                      Step right to right side, Cross left over right.

TagWalls 8 & 14

## CHASSE RIGHT, BACK ROCK, CHASSE LEFT, BACK ROCK

1&2                      Step right to right side, Close left beside right, Step right to right side.  
3-4                      Rock back onto left, Recover weight onto right.  
5&6                      Step left to left side, Close right beside left, Step left to left side.  
7-8                      Rock back onto right, Recover weight onto left.

## STEP ½ PIVOT, STEP ½ PIVOT, JAZZBOX CROSS

1-2                      Step right forward pivot ½ turn left,  
3-4                      Step right forward pivot ½ turn left.  
5-6                      Cross right over left, Step back left  
7-8                      Step right to right side. Cross left over right.

On wall 14. Dance 1 full tag. On wall 15 dance tag up to step ½ pivots. The music then pauses then finish dances on chasse right, back rock, chasse left, back rock Strike a pose and smile! .....Have fun, best of luck.....The end!