

# Getting Old (一晃就老了)

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 1      级数: Beginner / Improver  
编舞者: Russell Breslauer (USA) - July 2020  
音乐: Yi Huang Jiu Lao Le (一晃就老了) (DJ何鹏版) - Uncle Long Johns (秋裤大叔)



I have based my steps for this dance on one of the many choreographies from Chinese Line Dance.  
The dance starts on the singing. (1 - 2 - or 4 wall)

## Section 1: WEAVE X 2

1 - 4            R cross in front of left, L to side, R behind left touch L  
5 - 8            L cross in front of right R to side, Left behind right, touch R

## Section 2: JAZZ BOX X 2

1 - 4            Step R across left, recover on L, R next to left, L next to right.  
5 - 8            Step R across left, recover on L, R next to left, L next to right.

\* For a 4-wall dance the second jazz box is a right turn ¼.

\*\* For a 2-wall dance both jazz boxes are a right turn ¼.

## Section 3: SHUFFLE FORWARD X 2 ROCKING CHAIR \*\*\*

1 - 4            Shuffle forward RLR LRL  
5 - 8            Rock R forward, recover on L, Rock R back, recover on L

\*\*\* Option - Instead of rocking chair you can do hip bumps RLRL

## Section 4: SHUFFLE BACK X 2 ROCKING CHAIR \*\*\*\*

1 - 4            Shuffle back RLR LRL  
5 - 8            Rock R forward, recover on L, Rock R back, recover on L

\*\*\*\* Option - Instead of rocking chair you can do a full turn left RLRL

Repeat to end

Option Tag: To fit the music you can do an 8-count tag (Vine right and left) after every even wall  
(2,4,6,8,10,12)

Last update 7/12/2020\*

Contact: BreslauerDanceSF@Yahoo.com