

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*

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