

# OLD No.7

拍数: 32                      墙数: 2                      级数: Beginner  
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音乐: Old No. 7 - Addison Johnson



RF = right foot  
LF = left foot

## [1-8] CROSS, ROCK, TOE-SCUFF, HEEL STRUT-TOE

- 1-2                      RF crossed rock (over LF). Recover the weight on the LF.
- 3-4                      RF side rock. Recover the weight on the LF.
- 5-6                      RF toe touch. RF scuff.
- 7-8                      RF heel forward. LF toe touch behind RF changing the weight on to the RF (strut).

## [9-16] ROCK, HEEL STRUT, TOE TOUCH (X2), HEEL STRUT-TOE

- 1-2                      LF rock back. Recover the weight on the RF
- 3-4                      LF heel forward. LF strut.
- 5-6                      RF crossed toe touch (behind LF). LF toe touch (diagonally back)
- 7-8                      LF heel touch diagonally forward. RF toe touch behind RF changing the weight on to the RF (strut).

## [17-24] ¼ TURN ROCK (X2), WAVE.

- 1-2                      ¼ turn (to the right) LF rock back. Recover the weight on the RF (with a LF toe touch behind RF)
- 3-4                      ¼ turn (to the right) LF rock back. Recover the weight on the RF (with a LF toe touch behind RF)
- 5-6                      LF step (diagonally forward). RF crossed step behind LF
- &7&8                      LF side step. RF crossed step over LF.

## [25-32] ROCK, ½ TURN STEP, HOOK, ¼ TURN STEP, HOOK, ¼ TURN STEP, SCUFF

- 1-2                      LF rock forward. Recover the weight on the RF.
- 3-4                      ½ turn (to the left) LF step. RF hook (behind).
- 5-6                      ¼ turn (to the left) RF step. LF hook (behind).
- 7-8                      ¼ turn (to the left) LF step. RF scuff.

## TAG (8 c. After the 4th. sq): GRAPEVINE, ROLLING VINE, SCUFF

- 1-2                      RF step (diagonally forward). LF crossed step behind RF
- 3-4                      RF side step. LF side toe touch.
- 5-6                      ¼ turn (to the left) LF step. ¼ turn (to the left) RF step.
- 7-8                      ¼ tur (to the left) LF step. ¼ turn (to the left) RF scuff.

**ENDING (sq. No.13):** The last sequence has only 28 counts. After the RF hook (count No.28) add a RF step forward, and LF scuff and stomp

Last Update - 6 May 2021