

I Just Love Old People

COPPERKNOB
BY SHEPHERD

拍数: 32 墙数: 4 级数: Improver
编舞者: Sheila Pfaff (USA) - December 2021
音乐: I Just Love Old People - Jake Hess : (Album: All of Me; iTunes; Spotify)



Intro: 16 counts - Restarts: 1 easy one

[1-8] SIDE STRUT, CROSS STRUT, ROCK, 1/4 TURN RECOVER L, STEP, SHUFFLE FORWARD, WALK, WALK

1&2& Touch R toes side right (1), drop R heel (&), cross & touch L toes over R (2), drop L heel (&)
3&4 Rock R side right (3), turn 1/4 left & recover L {9:00} (&), step R forward (4)
5&6 Step L forward (5), step R beside L (&), step L forward (6)
7,8 Step R forward (7), step L forward (8)

[9-16] TURN 1/8 L & STRUT SWAY FORWARD ON R DIAGONAL, STRUT SWAY BACK ON L DIAGONAL, TURN 1/8 L & STRUT SWAY FORWARD ON R DIAGONAL, STRUT SWAY BACK ON L DIAGONAL, ROCK, RECOVER, CROSS, HINGE TURN R, CROSS

1&2& Turn 1/8 left touching R toes forward leading with R hip toward right diagonal (1), drop R heel (&), touch L toes back leading with L hip toward left diagonal {7:30} (2), drop L heel (&)
3&4& Turn 1/8 left touching R toes forward leading with R hip toward right diagonal (3), drop R heel (&), touch L toes back leading with L hip toward left diagonal {6:00} (4), drop L heel (&)

(Counts 1-4 should have a smooth swaying motion.)

5&6 Rock R side right (5), recover L (&), cross R over left (6)
7&8 Turn 1/4 right stepping back on L {9:00} (7), turn 1/4 right stepping R side right (12:00) (&), cross L over R (8)

(Restart here during 3rd repetition.)

[17-24] SIDE, TOGETHER, STEP BACK, KICK, STEP BACK, KICK, STEP BACK, KICK, CROSS ROCK BACK, RECOVER, STEP, CROSS ROCK BACK, RECOVER, TURN 1/4 L STEP

1&2& Step R side right (1), step L beside R (&), step R back (2), kick L forward (&)
3&4& Step L back (3), kick R forward (&), step R back (4), kick L forward (&)
5&6 Cross rock L behind R (5), recover R (&), step L beside R (6)
7&8 Cross rock R behind L (7), recover L (&), turn 1/4 left stepping R side right {9:00} (8)

[25-32] QUICK L JAZZ BOX W/KICK, QUICK R JAZZ BOX W/BRUSH, OUT, OUT, IN, IN, TOE SPLIT, HEEL SPLIT, HEELS TOGETHER, TOES TOGETHER

1&2& Cross L over R (1), step R back (&), step L beside R (2), kick R forward (&)
3&4& Cross R over L (3), step L back (&), step R beside L (4), brush L forward (&)
5&6& Step L side left and slightly forward (5), step R side right and slightly forward (&), step L to center and slightly back (6), step R beside L (&) (distribute weight evenly)
7&8& Swivel L toes left & R toes right (7), leaving toes in place, swivel L heel left & R heel right (&), swivel heels together (8), swivel toes together (&)

START AGAIN AND ENJOY!!

Contact: sheilapfaff1509@gmail.com