

Grown Old With Me

COPPER **KNOB**
BY STEPHENETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Elvy (FR) & Bruno Penet (FR) - September 2022
音乐: Grow Old with Me - Sunny Sweeney : (Album : Trophy)



Intro : 16 counts

SECTION 1 : Stomp, Stomp 1/4 Turn Left, Large Step, Stomp, Heel bounces X2 1/4 Turn Left, Left Coaster Step

1 – 2 Stomp Right forward, 1/4 turn left & stomp Left forward (9 :00)
3 – 4 Large step Right diagonal right, Stomp Left to left side
5 – 6 Heel bounces with 1/8 turn left X2 (6 :00)
7 & 8 Step Left back, step Right beside Left, step Left forward

Restart : 6te séquence

SECTION 2 : Side, Together, Shuffle forward, Step, Step, Sailor Step 1/4 Turn Left

1 – 2 Step Right to right side, step Left beside Right
3 & 4 Step Right forward, step Left beside Right, step Right forward
5 – 6 Step Left forward, step Right forward
7 & 8 1/4 turn left & cross Left behind Right, step Right beside Left, step Left slightly forward (3:00)

SECTION 3 : Skate R & L, Shuffle Forward, Rock Fwd, 1/2 Turn L & Shuffle Fwd

1 – 2 Step Right forward (skate), step Left forward (skate)
3&4 Step Right forward, step Left beside Right, step Right forward
5 – 6 Step Left forward, recover weight on Right
7&8 1/2 turn left & step Left forward, step Right beside Left, step Left forward (9 :00)

SECTION 4 : 1/4 turn L & Stomp, Hold, Step Together, 1/4 Turn R & Step Fwd, Together, Rocking Chair

1 – 2 1/4 turn right & stomp Right to right side, hold (6 :00)
&3 – 4 Step Left beside Right, 1/4 turn right & step Right forward, step Left beside Right (9 :00)
5 – 6 Step Right forward, recover weight on Left
7 – 8 Step Right back, recover weight on Left

TAG After walls 1, 2, 4, 7 add the steps :

Heel Switches

1& Touch Right Heel forward, step Right beside Left
2& Touch Left Heel forward, step Left beside right

RESTART 6th wall, after the 1th section

FINAL 8th wall / 1th section / after the 6th count, add the steps :

Cross Right over Left, unwind 1/2 turn left

Workshop 17 September 2022 – Moulins 03000 – Club SMOKY BOOTS

Challenge Boy – CRAZY DANCERS OF COUNTRY MUSIC

Site : <http://challengeboy.free.fr/>
