

Days of Old

拍数: 32 墙数: 2 级数: Improver
编舞者: Roger (leftfoot) Hunter (USA) - November 2023
音乐: Into the Mystic - Van Morrison



No tags, bridges or restarts

Intro 16 counts

S-1) Side*, Behind Side, Cross, Shuffle ¼ R, Step ½ Step

1,2&3,4&5 step R to R(1*)step L behind R(2)step R to R(&) cross L over R(3) step R to R ¼ R(4)step L next to R(&)step R forward(5)

6&7,8 step L forward(6)pivot ½ on R(&)(9:00)step L forward(7)step R forward(8)

S-2) Step, Mambo F, Mambo B, Mabo R ¼ L, Step

1,2&3,4&5 step L forward(1)rock F on R(2)recover on L(&)step R next to L(3) rock B on L(4)recover on R(&)step L next to to R(5)

6&7,8 rock R to R(6)recover on L ¼ turn L(&)step R forward(7)(6:00) step L forward(8)

S-3) Step, Shuffle B, Coaster Step, Lindy L

1,2&3,4&5 rock F on R(1*)step B on L(2)step R next to L(&)step B on L(3) Step B on R(4)step B on L(&)step F on R(5)

6&7,8 step L to L(6)step R next to L(&)step L to L(7)rock R behind L(8)

S-4) Syncopated Rumba Box, Step*, Mambo Cross

1,2&3,4&5 recover on L(1)step R to R(2)touch L next to R(&)step R back(3) step L to L(4)step R next to L(&)step L forward(5)

6,7&8 8) step R forward(6*)rock L to L(7)recover on R(&)cross L over R(8)(6:00)

Turning option for Syncopated Rumba box...(can be seen in video)

Modified syncopated rumba box.(one of my favorites)

Recover on L(1)step R to R(2)touch L next to R(&)

step L pivoting ½ turn L(3)step R to R(4)touch L next to R(&)

step L pivoting ½ turn L(5)

*firm step, slight hold

Last Update: 4 Nov 2023