

Gettin' Older

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Sandra Moschel (FR) - 30 March 2024
音乐: Gettin' Older - Chris Young



[1-8] Side step (R) - Behind - Side Shuffle ¼ turn (R) - Step fwd - 1/2 turn (R) - 1/4 turn (R) - Side shuffle (L)

1-2 RF to the right - LF behind RF
3&4 RF to the right - LF next to the RF - 1/4 turn right - forward front
5-6 LF forward - 1/2 turn to the right
7&8 1/4 turn to the right - LF to the left - PD to left side - left left

[9-16] Behind - 1/4 turn (L) - Rumba box fwd., Rock fwd

1-2 Cross right behind left - 1/4 turn left - LF forward
3&4 RF to the right - LF next to the RF - RF forward
5&6 LF to left - RF next to LF - LF forward
7-8 PD forward with support - Return support LF

[17-24] Weave syncopated (L) - Side rock – Behind side cross

1&2& Cross RF behind LF - LF to the left, Cross right in front of left - left to the left
3&4 Cross RF behind LF - LF to the left, Cross RF in front of LF
5-6 LF to left with support - Return support RF
7&8 LF behind RF - RF to the right - LF in front of RF

[25-32] Side rock - Sailor step - Side rock – Sailor 1/4 turn (L) - Step fwd - 1/4 turn (L)

1-2 PD to the right with support - Return support LF
3&4 RF behind LF - LF to the left - RF to the right
5&6 LF behind RF - 1/4 turn left - RF to the right - LF forward (6:00)
7-8 PD forward -1/4 turn left (3:00)

[33-40] Vaudeville (R and L) - Rock fwd – scissor step

1&2& Cross RF in front of LF - LF to the left - Heel Rf front - Rt next to LF
3&4& Cross left in front of right – right Heel L front - L next to the R
5-6 PD forward with support - Return support LF
7&8 Scissor step

[41-48] Rock fwd (L) - 1/2 turn (L) - Rock fwd (L) Side rock (L) - Behind side cross

1-2 LF forward with support - Return support RF
3-4 1/2 turn to the left - LF forward with support Return RF support
5-6 LF to left with support - Return support RF
7&8 LF behind RF - RF to the right - LF in front RF

Restart: At the 3rd wall after the 4th section (9:00 a.m.)

At the 5th wall after the 2nd section (3:00)

Final: At the 7th wall after the 3rd section

Make a 1/4 turn to the right