

Golden Oldie

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Shanthie De Mel (AUS) - April 2024
音乐: The Older I Get - Clanna : (iTunes & Amazon)



Intro: 32 count. Start on vocals. No Tags or Restarts.
Feel the lyrics! Keep in time with the pace of the music.

(1- 8) LOCK STEPS FORWARD.x2

1, 2 Step R diagonally forward to right. Step L together.
3, 4 Step R diagonally forward to right. Hold.
5, 6 Step L diagonally forward to left. Step R together
7, 8 Step L diagonally forward. Hold. (12:00)

(9-16) CROSS/ ROCK. RECOVER. SIDE. HOLD.x2

1, 2 Cross rock R over L Recover L.
3, 4 Step R to right side. Hold.
5, 6 Cross rock L over R. Recover R.
7, 8 Step L to left side. Hold. (12:00)

(17-24) RIGHT ROCKING CHAIR.x2

1, 2 Rock R forward. Recover L.
3, 4 Rock R back. Recover L.
5, 6 Rock R forward. Recover L.
7, 8 Rock R back. Recover L

(25-32) PADDLE LEFT WITH HIP SWAY x2. SHUFFLE FORWARD. STOMP. SCUFF.

1, 2 Step R forward Turn 1/4 left ending on L. (9:00)
3, 4 Step R forward Turn 1/4 left ending on L (6:00)
5&6 Shuffle forward R-L-R
7, 8 Stomp L forward Scuff R forward (6:00)

(33-40) PADDLE LEFT WITH HIP SWAY x2. SHUFFLE FORWARD. STOMP. HOLD.

1, 2 Step R forward Turn 1/4 left ending on L. (9:00)
3, 4 Step R forward Turn 1/4 left ending on L (12:00)
5&6 Shuffle forward R-L-R
7, 8 Stomp L to left side. Hold. (12:00)

(41-48) STEP. TURN 1/4 LEFT. STEP. HOLD. STEP. PIVOT. STEP. HOLD.

1, 2 Step R forward. Turn 1/4 left on L. (9:00)
3, 4 Step R to right side. Hold.(9:00)
5, 6 Step L forward. Turn 1/2 left on R. (3:00)
7, 8 Step L to left side. Hold. (3:00)

(49-56) K STEP.

1, 2 Step R diagonally forward. Touch L together.
3, 4 Step L diagonally back. Touch R together.
5, 6 Step R diagonally back. Touch L together.
7, 8 Step L diagonally forward. Touch R together. (3:00)

(57-64) SIDE. CLOSE. SIDE. HOLD. STEP. SWEEP 1/4 RIGHT. STEP. HOLD.

1, 2 Step R to right side. Step L together.
3, 4 Step R to right side. Hold.

5, 6 Step L forward. Turning 1/4 right sweep R to back & step down on R.
7, 8 Step L to left side. Hold. (6:00)

NOTE. On the 3rd rotation facing 12:00 there is a pause in the music for 4 counts.
Stay on Hold. Continue with the music.

ENDING. The dance finishes with the music slowing down at counts 29-32 facing 12:00.
Replace those steps with, swaying to right & left with arms crossed over chest till the music ends.

Enjoy the lyrics. Smile. Dance & have fun!
