

The Older I Get

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Low Intermediate - NC2S
编舞者: V. Allen L. Isidro (USA) - June 2024
音乐: The Older I Get - Amos & Margaret Raber



Note: Dedicated to LDVALI assistant DI Alou for her Big 70 celebration.

Start on vocals.

Set 1 Quarter turning basic NC2S, body rolls left and right, recover

1-2&3-4& Cross L – side R - $\frac{1}{4}$ turning behind L (9:00) - forward R – side L – $\frac{1}{4}$ recover R (12:00)
5&6-7&8& $\frac{1}{4}$ turning forward L (3:00) – together R – push L – recover R – behind L – side R – cross L

Set 2 Basic NC2S, $\frac{1}{4}$ turning front sweep, $\frac{1}{4}$ turning back sweep (aka serpiente)

1-2&3-4& Side R – behind L - recover R - side L – behind R – recover L
5-6&7-8& Side R – $\frac{1}{4}$ front sweep L - side R – together L (6:00) – $\frac{1}{4}$ back sweep R – recover L (9:00)

Set 3 Hip sways, full turn vine right, hip sways, $\frac{1}{4}$ turning behind, side, forward, together

1-2-3&4& Hip sways R – L - full turn to the right on R-L-R-L
5-6-7&8& Hip sways R– L – $\frac{1}{4}$ turning behind R – side L -forward R – together L (6:00)

Set 4 Forward, mambo, back, sweep, sweep, behind, recover, cross, recover, side, recover

1-2&3&4 Forward R – forward L – recover R – together L – back R – back sweep L
5-6&7&8& Back sweep R- Behind L – recover R – cross L over R – recover R – side L – recover R

START ALL OVER ON NEW WALL