

# Ol' Hag

拍数: 48      墙数: 1      级数: Improver waltz  
编舞者: Rey Kleinsasser (USA)  
音乐: Alcohol - Brad Paisley



## SUGARFOOT, CROSS, SUGARFOOT, CROSS

1-3      Right toes touch forward; right heel touch forward; right step across in front  
4-6      Left toes touch forward; left heel touch forward; left step across in front

## "MAMBO", ¼, HOLD, SCUFF

1-3      Right step side right; rock to left; right step together  
4-6      Left step into ¼ turn left; hold; right scuff forward

## STEP, HOLD, ½ PIVOT, STEP, HOLD, ¼ PIVOT

1-3      Right step forward; hold, pivot ½ turn left(weight to left)  
4-6      Right step forward; hold; pivot ¼ turn left(weight to left)

## TWINKLE, TWINKLE

1-3      Right step across in front; left step side left; right step together  
4-6      Left step across in front; right step side left; left step together

## HEEL, HOLD, CLOSE, HEEL, HOLD, CLOSE

1-3      Right heel touch forward; hold; right step together  
4-6      Left heel touch forward; hold; left step together

## WALK BACK 3, ROCK FORWARD, BACK, FORWARD

1-3      Right step back; left step back; right step back  
4-6      Rock forward(onto left); rock back; rock forward

## "SAILOR, SAILOR"

1-3      Right step across in back; left step side left; right step together  
4-6      Left step across in back using a motion to the left; right step side right; left step together

## SIDE, HOLD, CLOSE, SIDE, HOLD, CLOSE

1-3      Right step side right; hold; left step together  
4-6      Right step side right; hold; left step together

Extra fun: use syncopated hip movements with these 6 counts: right-left-right, left, right-left-right, left., and clap overhead

## REPEAT

## VARIATION

When using "Politically Uncorrect", use the following variations: On the capitalized syllables in the music (this happens in the eighth repetition), stomp forward instead of cross-step and stomp instead of step (into ¼ turn): "nothing wrong with THE Bible, NO-thing wrong with the FLAG." (These are counts 3,6, and 10), and po-LI-tically (Count 10 in the ninth rep). Cross-step left in front on very last count instead of start that second sailor