

Old Pop

拍数: 32 墙数: 2 级数: Improver contra dance
编舞者: Minna Liljamo (FIN)
音乐: Old Pop in an Oak - Rednex



Dance in opposite lines

HEEL-BALL-CROSSES, ROCK SIDE, SAILOR STEP

1&2 Touch right heel forward, step ball of right side, step left across right
3&4 Repeat steps 1&2
5-6 Rock right side, step left in place
7&8 Cross right behind left, step left side, step right in place

FORWARD SHUFFLES, PIVOT TURN, STEP SIDE

1&2 Shuffle forward left-right-left (crossing the opposite line)
3&4 Shuffle forward right-left-right
5-6 Step left forward, pivot ½ left (weight on right)
7-8 Step left side, step right beside left

HEEL SWITCHES, FORWARD SHUFFLE, KICK-BALL-STEP

1& Touch left heel forward, step left beside right
2& Touch right heel forward, step right beside left
3&4& Repeat steps 1&2&
5&6 Shuffle forward left-right-left
7&8 Kick right forward, step ball of right beside left, step left forward

CLAPS, TOE TOUCHES

1-2 Clap hands with the dancer in front of you (1), clap your own hands together (2)
3&4 Clap hands with the dancer in front of you (3), clap your own hands together twice (&4)
5& Touch right toe side, step right beside left
6& Touch left toe side, step left beside right
7&8 Touch right toe side, hitch right knee, touch right beside left

REPEAT
