

# Ruzgar's Old Danish

拍数: 64      墙数: 2      级数: Intermediate  
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音乐: Floor Filler - A\*Teens



## 3 X TOUCH TOE, TURN, 3 X TOE TOUCH, TURN

- 1-2            Touch right toe to right side, touch right toe next to left foot  
3-4            Touch right toe back, turn ½ turn ending with weight on right foot  
5-6            Touch left toe to left side, touch left toe next to right foot  
7-8            Touch left toe back, turn ½ turn ending with weight on left foot

## 2 X STEP, 2 X THROW HEAD TO SIDE, CROSS TURN, 2 X TOUCH, STEP

- 9-10           Step forward on right foot, step forward on left foot  
11-12          While facing front, tilt head to left, and throw to left side two times  
13-14          Cross right foot over left foot, and turn ½ turn (weight on right foot)  
15&16          Touch left toe to left side, touch left toe next to right foot, step left foot to left side

## 2 X SLIDE SIDE, 4 X QUICK BODY ROLL

- 17-18          Step to right side with right foot, and touch left foot next to right  
19-20          Step to left side with left foot, and touch right foot next to left  
21&22          Roll body down from top, roll body up from bottom (weight on right foot)  
23&24          Roll body down from top, roll body up from bottom (weight on right foot)

## STEP TURN, 2 X THROW HEAD TO SIDE, 2 X TOUCH, KNEE BEND, ¼ TURN

- 25-26          Step right foot in front and turn ½ turn (weight on left foot)  
27-28          While facing front, tilt head to left, and throw to left side two times  
29-30          Touch right toe in front, touch right to right side  
31-32          Bend down in your knees, turn ¼ turn and straighten up (weight on left foot)

## 2 X BACK STEP SLIDE, 4 X QUICK BODY ROLL

- 33-34          Step back on right foot, slide left foot next to right foot  
35-36          Step back on right foot, slide left foot next to right foot  
37-38          Roll body down from top, roll body up from bottom (weight on right foot)  
39-40          Roll body down from top, roll body up from bottom (weight on right foot)

## 3 X TOUCH, TURN, KICK, STEP, HEAD NOD

- 41-42          Touch left toe to left side, touch right toe to right side  
43-44          Touch left toe to left side, turn ¼ turn (weight on right foot)  
45-46          Kick left foot in front, step down on left foot with weight  
47-48          Nod head down, and look straight ahead again

## 2 X STEP, KNEE BEND, TOUCH, FULL TURN, 2 X TOUCH

- 49-50          Step forward on right foot, step forward on left foot  
51-52          Bend down in your knees and straighten up again (weight on left foot)  
53-54          Touch right toe to right side (prep for full turn), turn full turn (weight on right foot)  
55-56          Touch left toe to left side, touch left toe next to right foot

## STEP, TOUCH, KICKBALL STEP, STEP TURN, KICKBALL CHANGE

- 57-58          Step back on left foot, touch right toe forward (weight on left foot)  
59&60          Kick right foot in front, put weight on right foot, step forward on left foot  
61-62          Step forward on right foot, turn ½ turn ending with weight on left foot

63-64

Kick right foot in front, put weight on right foot, step down on left foot

**REPEAT**

**At a time, the music goes a bit down in level, but the beat is still the same, so just continue where you are in the dance**

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