

Good Old Days

拍数: 32 墙数: 4 级数: Beginner
编舞者: Sobrielo Philip Gene (SG) - July 2013
音乐: Good Old Days - P!nk : (Album: The Truth About Love, Fan Edition)



RUMBA BOX

1-2 Step right to right (1), step left beside right (2)
3-4 Step right back (3), touch left beside right (4)
5-6 Step left to left (5), step right beside left (6),
7-8 Step left forward (6), touch right beside left (8) (12.00)

***Restart on wall 5**

RIGHT VINE, HEEL HOOK

1-2 Step right to right (1), step left behind right (2)
3-4 Step right to right (3), touch left beside right (4)
5-6 Bring left heel forward (5), Hook left over right (6),
7-8 Bring left heel forward (7), Hook left over right (8)(12.00)

STEP, CLAPS, STEP STEP, CLAP

1 Step left diagonally forward (1)(10.30)
2 Step Right beside Left Clap hands (2)
&3 clap(&), step left diagonally forward clap hands (3) (10.30)
4 Clap hands (4)
5 Step right diagonally forward (5)(1.30)
6 Step left beside right and clap hands (6)
&7 clap hands (&), step right diagonally forward (1.30)
8 Clap hands (8)

Note: This seems hard to do but when you try it with the music it's easier than you think.

ROCK RECOVER 1/4 SHUFFLE HIP ROLL 1/2 TURN

1-2 Rock left forward (1), recover weight onto right (2)
3&4 Making 3/8 left step left forward(3), step right beside left (&), step left forward(4)(9.00)
5-6 step right forward (5), roll hips anti clockwise Turing 1/4 left (6)
7-8 Step right forward (7), roll hips anti clockwise Turing 1/4 left (8) (weight on left)

Restart: On wall 5 - do first 8 counts of the dance and Start dance again.

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