

An Old Flame

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4
编舞者: Jan Wyllie (AUS) - October 2013
音乐: Old Flame - Alabama

级数: Beginner OR Intermediate



Although this dance was designed with a split floor in mind, you can also do just the beginner level, or just the intermediate level if you like. I use this dance for the whole class so a split floor works well for me
32 count intro. (32 count Beginner 4 wall OR 64 count Intermediate 2 wall)

Side Stomp Side Stomp Side Together Step Back Touch

1,2,3,4 Step R to right, Stomp L beside R and clap, Step L to left, Stomp R beside L and clap
5,6,7,8 Step R to right, Step L beside R, Step back on R, Touch L beside R

Side Stomp Side Stomp Side Together Step Back Touch

9,10,11,12 Step L to left, Stomp R beside L and clap, Step R to right, Stomp L beside R and clap
13,14,15,16 Step L to left, Step R beside L, Step back on L, Touch R beside L

Vine Right Touch Beside Vine Left Touch Beside

17,18,19,20 Step R to right, Step L behind R, Step R to right, Touch L beside R
21,22,23,24 Step L to left, Step R behind L, Step L to left, Touch R beside L

Heel Strut Fwd R L Step Pivot 1/4 Stomp Hold

25,26,27,28 Step R heel fwd, Drop R foot, Step L heel fwd, Drop L foot
29,30,31,32 Step fwd on R, Pivot 1/4 left transferring wt to L, Stomp R beside L, Hold

This finishes the beginner level of the dance. Don't forget the Restart on wall 5 after count 16

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Continue on for a further 32 counts to complete the intermediate level of this dance

Side Behind 1/4 Rock Recover Back Together Fwd Touch

33,34,35,36 Step L to left, Step R behind L, Making 1/4 left rock/step fwd on L, Recover back on R
37,38,39,40 Step back on L, Step R beside L, Step fwd on L, Touch R beside L

Step Pivot 1/4 Across Side Behind 1/4 Fwd Rock Recover

41,42,43,44 Step fwd on R, Pivot 1/4 left transferring wt to L, Step R across L, Step L to left
45,46,47,48 Step R behind L, Making 1/4 left step fwd on L, Rock/step fwd on R, Recover back on L

Toe Strut Back 1/2 Shuffle Full Turn Rock Recover

49,50,51&52 R toe strut back, Making 1/2 left shuffle fwd
53,54,55,56 Full turn fwd stepping R L, Rock/step fwd on R, Recover back on L

Toe Strut Back Back Together Fwd Together Back Touch

57,58,59,60 R toe strut back, Step back on L, Step R beside L
61,62,63,64 Step fwd on L, Step R beside L, Step back on L, Touch R beside L

The Restart is on wall 3 for this level—after count 16

This song is lovely.... And not too fast either.....

Gives you time for your feet to Catch up with your brain! (-:

Just do the beginner level if that suits you - or add the last 32 counts to make it a bit harder.

Whatever... I hope you enjoy the dance and the song.

See you on the floor sometime.... Jan

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