

# For Old Times

拍数: 64      墙数: 4      级数: Improver  
编舞者: Marie Sørensen (TUR) - February 2014  
音乐: I Cry - Bouke



**Intro: 16 Counts - No Tags or Restart !**

## **CROSS BACK, CHASSE LEFT, CROSS BACK, CHASSE RIGHT**

1-2            Cross left over right, step back on right  
3&4           Step left to left side, step right next to left, step left to left side  
5-6           Cross right over left, step back on left  
7&8           Step right to right side, step left next to right, step right to right side (12:00)

## **CROSS ROCK, RECOVER, CHASSE, CROSS ROCK, CHASSE 1/4 TURN RIGHT**

1-2            Cross rock left over right, recover  
3&4           Step left to left side, step right next to left, step left to left side  
5-6           Cross rock right over left, recover  
7&8           Step right to right side, step left next to right, 1/4 turn right, step fwd. right (03:00)

## **ROCKIN' CHAIR, JAZZ BOX, CROSS**

1-2            Rock fwd. left, recover  
3-4            Rock back left, recover  
5-6            Cross left over right, step back on right  
7-8            Step left next to right, cross right over left (03:00)

## **LOCK STEP BACK LEFT, ROCK, RECOVER, LOCK STEP FWD. RIGHT, SKATE, SKATE**

1&2           Step back on left, lock right in front of left, step back on left  
3-4            Back rock right, recover  
5&6           Step fwd. right, lock left behind right, step fwd. right  
7-8            Skate left fwd. skate right fwd. (03:00)

## **STEP 1/4 TURN RIGHT, CROSS SHUFFLE, 1/4 TURN LEFT X 2, CROSS SHUFFLE**

1-2            Step fwd. left, 1/4 turn right (Weight on right) (06:00)  
3&4            Cross left over right, step right to right side, cross left over right  
5-6            1/4 turn left, step back on right, 1/4 turn left, step left to left side  
7&8            Cross right over left, step left to left side, cross right over left (12:00)

## **ROCK, RECOVER, BEHIND, SIDE, CROSS, CHASSE, BACK ROCK, RECOVER, SIDE**

1-2            Rock left to left side, recover  
3&4            Cross left behind right, step right to right side, cross left over right  
5&6            Step right to right side, step left next to right, step right to right side  
7&8            Rock left behind right, recover, step left to left side (12:00)

## **HEEL GRIND, SIDE, BEHIND, SIDE, HEEL GRIND, SIDE, BEHIND, SWEEP**

1-2            Heel grind right over left, step left to left side  
3-4            Cross right behind left, step left to left side  
5-6            Heel grind right over left, step left to left side  
7-8            Cross right behind left, sweep left from front to back (12:00)

## **BEHIND, SIDE, CROSS, CHASSE, CROSS ROCK, RECOVER, 1/4 TURN LEFT, STEP FWD.**

1&2           Cross left behind left, step right to right side, cross left over right  
3&4           Step right to right side, step left next to right, step right to right side

5-6 Cross rock left over right, recover (12:00)  
7-8 1/4 turn left, step fwd. left, step fwd. right (09:00)

**NOTE - This dance is written by request from Ilse Hamers, as a tribute to her linedance friends in The Chieftains/Netherland, because they have been so faithful to her throughout many years.**

**Have Fun!**

**Contact: [sunshinecowgirl1960@gmail.com](mailto:sunshinecowgirl1960@gmail.com)**

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