

# Older Ladies

拍数: 80      墙数: 4      级数: Phrased Intermediate  
编舞者: Monica Phillips (UK) & Chris Jackson (UK) - September 2014  
音乐: Older Ladies - Donnalou Stevens



(Music free from donnaloustevens.com).

#22-count intro, start on vocals

Seq: A, B, Tag 1, A, B, Tag 2, C, Tag 3, Sections 1&2 of A, A, B, Tag 2, C, C – Ending!

## PART A

### SECTION A1: ROCK, HOOK, SHUFFLE RIGHT, ROCK, HOOK, SHUFFLE TURN LEFT

- 1,2,3&4      Rock forward right on right diagonal, recover and hook right across left, step forward right on right diagonal, left next to right, step forward right
- 5,6,7&8      Rock forward left on left diagonal, recover and hook left across right, step forward left on left diagonal, right next to left, step forward left (completing an eighth shuffle turn to your left) (9.0)

### SECTION A2: COUNTRY WALK AROUND, CROSS ROCK RECOVER, CHASSE A QUARTER, PIVOT A QUARTER, CROSS SHUFFLE

- 1,2,3,4      Step forward right making a quarter turn left, step forward left making a quarter turn left (Steps 1-2 Swing right arm forward/left arm back, swing left arm forward/right arm back – like an exaggerated marathon runner!), cross right over left, recover on left (3.0)
- 5&6, 7,8      Right to right side, left next to right, right to right side making a quarter turn to your right, step forward left, pivot a quarter turn to your right
- 9&10      Cross left over right, right to right side, cross left over right (9.0)

### SECTION A3: ROCK, HOOK, SHUFFLE RIGHT, ROCK, HOOK, SHUFFLE TURN LEFT

- 1,2,3&4      Rock forward right on right diagonal, recover and hook right across left, step forward right on right diagonal, left next to right, step forward right
- 5,6,7&8      Rock forward left on left diagonal, recover and hook left across right, step forward left on left diagonal, right next to left, step forward left (completing an eighth shuffle turn to your left) (6.0)

### SECTION A4: COUNTRY WALK AROUND, CROSS ROCK RECOVER, CHASSE A QUARTER, PIVOT A QUARTER, STEP, HITCH

- 1,2,3,4      Step forward right making a quarter turn left, step forward left making a quarter turn left (Steps 1-2 Swing right arm forward/left arm back, swing left arm forward/right arm back – like an exaggerated marathon runner!), cross right over left, recover on left (12.0)
- 5&6, 7,8      Right to right side, left next to right, right to right side making a quarter turn to your right, step forward left, pivot a quarter turn to your right
- 9,10      Step forward left, hitch right knee (6.0)

## PART B

### SECTION B1: STEP, SHUFFLE LEFT, OUT-OUT, BACK HIP ROLL, BACK HIP ROLL

- 1,2&3&4      Step forward right, step forward left, right next to left, step forward left, step right forward and out to right side, step left to left side
- 5,6,7,8      Step back right, roll the hips, step back left, roll the hips

### SECTION B2: BACK, BACK, COASTER STEP, STOMP LEFT FORWARD, HIP BUMPS FORWARD AND BACK

- 1,2,3&4      Step back right, step back left, step back right, left next to right, step forward right
- 5-8      Stomp left foot forward, bump hips forward/back/forward

**SECTION B3: PIVOT TURN, PIVOT TURN, CROSS, BACK, SIDE, STEP**

1,2,3,4 Step forward right, pivot an eighth turn left, step forward right, pivot an eighth turn left  
5,6,7,8 Cross right over left, step back on left, right to right side, step forward left (3.0)

**SECTION B4: PIVOT TURN, PIVOT TURN, CROSS, BACK, SIDE, CROSS**

1,2,3,4 Step forward right, pivot an eighth turn left, step forward right, pivot an eighth turn left  
5,6,7,8 Cross right over left, step back on left, right to right side, cross left over right (12.0)

**TAG 1**

**SIDE ROCK, RECOVER, CROSS, QUARTER, QUARTER, CROSS**

1,2,3,4,5,6 Rock right to right side, recover on left, cross right over left, make a quarter turn right stepping back on left, make a quarter turn right stepping right to right side, cross left over right (6.0)

**REPEAT PART A**

**REPEAT PART B**

**TAG 2**

**RIGHT, LEFT**

1,2 Step forward right on right diagonal, step forward left on right diagonal (6.0)

**PART C (OLDER LADIES – CUP ALTERNATE HANDS AROUND CHIN TO MIMIC YODELLING)**

**SECTION C1: STEP-LOCK-STEP, TURN-LOCK-STEP, STEP-LOCK-STEP, TURN-LOCK-STEP**

1&2, 3&4 Step forward right on right diagonal, lock left behind right, step forward right, make a quarter turn left and step forward left, lock right behind left, step forward left  
5&6, 7&8 Step forward right, lock left behind right, step forward right, make a quarter turn left and step forward left, lock right behind left, step forward left

**SECTION C2: STEP-LOCK-STEP, TURN-LOCK-STEP, STEP-LOCK-STEP, TURN-LOCK-STEP**

1&2, 3&4 Step forward right on right diagonal, lock left behind right, step forward right, make a quarter turn left and step forward left, lock right behind left, step forward left  
5&6, 7&8 Step forward right, lock left behind right, step forward right, make a quarter turn left and step forward left, lock right behind left, step forward left (4.30)

**TAG 3**

**CROSS, BACK, SIDE, CROSS**

1,2,3,4 Cross right over left, step back on left, right to right side, cross left over right (9.0)

**REPEAT PART A SECTIONS 1&2**

**REPEAT PART A**

**REPEAT PART B**

**REPEAT TAG 2**

**REPEAT PART C**

**REPEAT PART C AND STOMP LEFT TO LEFT SIDE ON STEP 3 OF SECTION 2 AND HOLD FACING 12.0 – RAISE HANDS TO THE SIDE WITH PALMS FACING UP TO MIMIC JULIE ANDREWS IN THE SOUND OF MUSIC AND THEN DO PADDLE STEPS TO COMPLETE A FULL TURN (1&2&3&4&5&6&7&8) TO FACE FRONT!**

Contact: [floorshakers@btinternet.com](mailto:floorshakers@btinternet.com)

---