

# Baby Boomers And Beyond

**COPPER KNOB**  
STEPPEDETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Pat Newell (USA) - January 2016  
音樂: Old Time Rock & Roll - Bob Seger



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## Senior Dancing Series

Alt. music: Burning Love by Winona Judd

Learning: Triples, pivots, twist, rock, rec w/brush

### TRIPLE FORWARD, TRIPLE FORWARD ½ PIVOT L, ¼ PIVOT L

1&2 3&4      Triple forward R, L, R. L,R,L

5-8      Step forward on R, pivot ½ L, step forward on R, pivot ¼ L 3:00

### TWIST, HOLD, TWIST, HOLD, TWIST, TWIST, TWIST, TWIST

1-4      Twist heels, R, hold, L hold

5-8      Twist heels, R, L, R, L □ □ □ □ 3:00

### TRIPLE RIGHT, ROCK RECOVER, TRIPLE LEFT, ROCK RECOVER

1&2 3,4      Triple RLR, rock back on L recover on R

5&6 7,8      Triple LRL, rock back on R, recover on L □ □ □ 3:00

### ROCK REC, STEP BRUSH, ROCK REC STEP BRUSH

1-4      Rock R diagonally forward 1/8 wall R, rock back on L, fwd on R, brush L

5-8      Rock L diagonally forward 1/8 wall L, rock back on R, fwd on L, brush R 3:00

Begin Again

NO TAGS NO RESTARTS

DANCE FOR THE HEALTH OF IT

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