

Older and Divine

拍數: 36 牆數: 4 級數: Improver
編舞者: Helen Parkyn (UK) - May 2016
音樂: Older Ladies - Donnalou Stevens



Alternative slower speed - Good hearted woman by Waylon Jennings

#22 count intro (start on lyrics, on the word ain't, 12 seconds in)

S1: RIGHT HEEL HOOK, HEEL FLICK, STEP LOCK STEP.

1&2&3&4 Touch right heel forward, hook under left knee, touch right heel forward, flick out to right side, step forward right, lock left behind right, step forward right.

LEFT HEEL HOOK, HEEL FLICK, STEP LOCK STEP.

5&6&7&8 Touch left heel forward, hook under right knee, touch left heel forward, flick out to left side, step forward left, lock right behind left, step forward left.

S2: RIGHT MAMBO ROCK FORWARD, LEFT MAMBO ROCK BACK

1&2 3&4 Rock forward right, recover back onto left, close right beside left. Rock back on left, recover forward onto right, close left beside right.

STEP, PIVOT 1/2 TURN LEFT, STEP, STEP, PIVOT 1/4 TURN RIGHT, STEP.

5&6 7&8 Step forward right, pivot 1/2 turn left, step forward right. Step forward left, pivot 1/4 turn right, step forward left.

S3: CHARLESTON

1 2 3 4 Touch right toe forward, close beside left, touch left toe back, close beside right.

S4: RIGHT WEAVE, ROCK & CROSS.

1&2&3&4 Step right to right side, cross left behind right, step right to right side, cross left across front of right, rock right out to right side, recover onto left, step right across front of left.

LEFT WEAVE, ROCK AND CROSS.

5&6&7&8 Step left to left side, cross right behind left, step left to left side, cross right across front of left, rock left out to left side, recover onto right, step left across front of right.

S5: RIGHT KICK AND TOUCH, LEFT KICK AND TOUCH.

1&2 3&4 Kick right foot forward, close beside left, touch left toe beside right foot, Kick left foot forward, close beside right, touch right toe beside left foot.

RIGHT TOUCH BACK, 1/2 HINGE UNWIND, LEFT STEP FORWARD, RIGHT TOUCH.

5 6 7 8 Touch right toe straight back, unwind hinge turn 1/2 turn right, step forward left foot, touch right toe beside left foot.

END OF DANCE - BEGIN AGAIN - ENJOY AND HAVE FUN

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