

The Older I Get

COPPER KNOB
BY YVONNE SMEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Wil Bos (NL) & Yvonne Smeets (NL) - November 2017
音樂: The Older I Get - Alan Jackson : (Album: The Older I Get)



Intro: 16 counts

NC Basic, Side, Mod. Diamond $\frac{1}{2}$ R, $\frac{1}{8}$ R Sways, Start NC Basic

1-2&3 RF big step side, LF rock behind, RF recover, LF big step side $\frac{1}{8}$ right
4&5 RF step back, LF step back, RF $\frac{1}{4}$ right step forward
6&7 LF step forward, RF step forward, LF $\frac{1}{4}$ right step back
8&1 RF $\frac{1}{8}$ right step side and hips right, hips left, RF big step side [9]

Continued NC Basic, $\frac{1}{4}$ R Back, $\frac{3}{4}$ R Step Lock Step, Step Lock Step Fwd, Rock Fwd Recover, $\frac{1}{2}$ R Fwd

2&3 LF rock behind, RF recover, LF $\frac{1}{4}$ right step back and sweep RF back
4&5 RF $\frac{1}{2}$ right step forward, LF lock behind, RF $\frac{1}{4}$ right step forward
6&7 LF step forward, RF lock behind, LF step forward
8&1 RF rock forward, LF recover, RF $\frac{1}{2}$ right step forward [3]

* $\frac{1}{4}$ Turn R/Sweep, Behind Side Cross/Sweep, Cross, $\frac{1}{4}$ L Back, Rock Back Recover, Full Turn R

2&3 LF $\frac{1}{2}$ right step back, RF $\frac{1}{2}$ right step forward, LF $\frac{1}{4}$ right step side and sweep RF back
4&5 RF cross behind, LF step side, RF cross over and sweep LF forward
6&7 LF cross over, RF $\frac{1}{4}$ left step back, LF rock back
8&1 RF recover, LF $\frac{1}{2}$ right step back, RF $\frac{1}{2}$ right step forward [3]

Rock Fwd Recover, $\frac{1}{4}$ L Side, Cross Shuffle, Back, $\frac{1}{4}$ R Fwd, Fwd, Pivot $\frac{3}{4}$ L

2&3 LF rock forward, RF recover, LF $\frac{1}{4}$ left step side
4&5 RF cross over, LF step side, RF cross over
6&7 LF step back, RF $\frac{1}{4}$ right step forward, LF step forward
8& RF step forward, R+L $\frac{3}{4}$ turn left

Start again
