

# Old School

拍數: 64      牆數: 2      級數: Easy Intermediate  
編舞者: Stella Kim (KOR) - December 2017  
音樂: Old School - Abraham Mateo



**Intro: 16 counts - Sequence: (48-Tag-64)-(48-64)-(48-64)**

**SEC 1: FORWARD X2, FORWARD SHUFFLE, FORWARD ROCK, RECOVER, TRIPLE FULL TURN,**

1-2      RF forward, LF forward  
3&4      RF forward, LF beside RF, RF forward  
5-6      LF forward rock, RF recover  
7&8      1/2 turn L with LF forward, 1/2 turn L with RF beside LF, LF slightly forward(12:00)

**SEC 2: CROSS ROCK, RECOVER, SIDE, CROSS SHUFFLE, SIDE ROCK, RECOVER, 1/4 R WITH SAILOR STEP**

1-2&      RF cross rock over LF, LF recover, RF side  
3&4      LF cross over RF, RF side, LF cross over RF  
5-6      RF side rock, LF recover  
7&8      RF cross behind LF, 1/4 turn R with LF beside RF, RF forward(3:00)

**SEC 3: FORWARD ROCK, RECOVER, TOGETHER, FORWARD, 1/4 R WITH SIDE, SAILOR STEP, CROSS, 1/4 L WITH BACK**

1-2&      LF forward rock, RF recover, LF beside RF  
3-4      RF forward, 1/4 turn R with LF side  
5&6      RF cross behind LF, LF side, RF slightly diagonal forward  
7-8      LF cross over RF, 1/4 turn L with RF back(3:00)

**SEC 4: 1/2 L WITH SHUFFLE, FORWARD X2, HOP & BOUNCE, HOP & BOUNCE**

1&2      1/4 turn L with LF side, RF beside LF, 1/4 turn L with LF forward  
3-4      RF forward, LF forward  
&5-6      hop R with RF diagonal forward, LF touch beside RF, bounce(or hold)  
&7-8      hop L with LF diagonal forward, RF touch beside LF, bounce(or hold)(9:00)

**SEC 5: SAMBA STEP, FORWARD ROCK, RECOVER, 1/4 L WITH SIDE, SWIVEL, IN PLACE, SWIVEL, IN PLACE, TOGETHER, SIDE**

1&2      RF cross over LF, LF side rock, RF recover  
3-4      LF forward rock, RF recover  
5&6&      1/4 turn L with LF side, RF swivel(heel out), RF in place, LF swivel(heel out)  
7&8      LF in place, RF beside LF, LF side(6:00)

**SEC 6: FORWARD ROCK, RECOVER WITH SWEEP, SAILOR STEP, BACK ROCK, RECOVER, SIDE ROCK, RECOVER, FORWARD**

1-2      RF forward rock, LF recover with RF sweep from front to back  
3&4      RF cross behind, LF side, RF side  
5-6      LF back rock, RF recover  
&7-8      LF side rock, RF recover, LF forward(6:00)

**\*Restarts here \***

**SEC 7: REPEAT SEC 5**

1&2      RF cross over LF, LF side rock, RF recover  
3-4      LF forward rock, RF recover  
5&6&      1/4 turn L with LF side, RF swivel(heel out), RF in place, LF swivel(heel out)  
7&8      LF in place, RF beside LF, LF side

**SEC 8: FORWARD ROCK, 1/4 R WITH RECOVER, BACK, OUT, OUT, BACK ROCK, RECOVER, SIDE ROCK, RECOVER, FORWARD**

1-2	RF forward rock, 1/4 turn R with LF recover with sweep from front to back
3&4	RF cross behind, LF side, RF side
5-6	LF back rock, RF recover
&7-8	LF side rock, RF recover, LF forward

**TAG (4count): After 1st wall,**

1-4	RF forward rock, LF recover, RF back rock, LF recover(rocking chair)(6:00)
-----	--

**RESTART: On the 1st, 3rd, 5th walls, you should dance until 48 count and start again**

**E-MAIL: [sktelkmh@naver.com](mailto:sktelkmh@naver.com)**

**<http://www.youtube.com/user/thetrianglelinedance> <https://www.facebook.com/sktelkmh>**

---