

# 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**

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