

Ex Old Man

拍數: 32 牆數: 2 級數: Beginner / Improver
編舞者: Marilyn Lavoie - 2012
音樂: Ex-Old Man - Kristen Kelly



S1 [1 – 8] R WALK, L WALK, R ANCHOR, L 3/4 TURN, BEHIND SIDE CROSS

1 – 2 Step forward R, Step forward L
3 & 4 Cross Step R behind L, Recover L, Step R to center
5 – 6 Step L ½ turn to left, Step R ¼ turn to left
7 & 8 Step L behind R, Step R to right, Cross L over R

S2 [9 – 16] ½ R TURN MONTEREY. STEP TOGETHER, STEP TOGETHER

1 – 2 Point R to right, turn back ½ R stepping R next to L
3 – 4 Point L to left, Step L next to R
5 – 6 Step R to right, Step L next to R
7 – 8 Step R to right, Step L next to R

S3 [17 – 24] R SHUFFLE FWD, FWD ROCK RECOVER, L ½ TURN SHUFFLE, ¼ BIG STEP, TOUCH

1 & 2 Step R fwd, Step L next to R, Step R fwd
3 – 4 Step L fwd, Recover R
5 & 6 Make ½ shuffle turn left stepping L,R,L
7 – 8 Step R ¼ to left, touch L next to R

S4 [25 – 32] L & R TOE STRUTS, ROCK FWD RECOVER, SHUFFLE TURN TO LEFT

1 – 4 Touch L toe fwd, Step L heel down, Touch R toe fwd, Step R heel down
5 – 6 Step L fwd, Recover R
7 & 8 Make ½ shuffle turn left stepping L,R,L

Submitted by - Alvie Aguilar: alvieaguilar@gmail.com

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