

Older Ladies Anthem

拍數: 18 牆數: 2 級數:
編舞者: Orsola Amoroso (UK) - April 2020
音樂: Older Ladies - Donnalou Stevens



SIDE, BEHIND & HEEL & CROSS, ½ HINGE TURN RIGHT, CROSS SHUFFLE

1-2 Step right to side, Step left behind right.
&3&4 Step onto right, Dig left heel fwd, Step left beside right, Cross right over left.
5-6 Step ¼ turn right back onto left, Step ¼ turn right stepping right to right side.
7&8 Cross left over right, Step right to right side, Cross left over right.

SIDE ROCK, ¾ TRIPLE TURN RIGHT. HEEL SWITCHES, TAP.

1-2 Rock right to right side, Recover weight onto left.
3&4 Triple ¾ turn right stepping right, left, right.
5&6 Dig left heel forward, replace next to right, Dig right heel forward.
&7&8 Replace right next to left, Dig left heel forward, Replace left next to right. Tap right in place next to left.

HIP BUMPS RIGHT X 2

1-2 Bump hips to right, Bump hips to right.

On walls. 3, 7 & 12 Restart the dance after the heel switches and tap.

Tag at end of Walls 4 & 9

JAZZBOX CROSS

1-2 Cross right over left, Step left back
3-4 Step right to right side, Cross left over right.

TagWalls 8 & 14

CHASSE RIGHT, BACK ROCK, CHASSE LEFT, BACK ROCK

1&2 Step right to right side, Close left beside right, Step right to right side.
3-4 Rock back onto left, Recover weight onto right.
5&6 Step left to left side, Close right beside left, Step left to left side.
7-8 Rock back onto right, Recover weight onto left.

STEP ½ PIVOT, STEP ½ PIVOT, JAZZBOX CROSS

1-2 Step right forward pivot ½ turn left,
3-4 Step right forward pivot ½ turn left.
5-6 Cross right over left, Step back left
7-8 Step right to right side. Cross left over right.

On wall 14. Dance 1 full tag. On wall 15 dance tag up to step ½ pivots. The music then pauses then finish dances on chasse right, back rock, chasse left, back rock Strike a pose and smile!Have fun, best of luck.....The end!