

Grow Old With Me

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Easy Intermediate
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音樂: Grow Old with Me (Stripped Version) - Camden



Intro : 32 counts

[1-8] ROCK STEP R, COASTER STEP, ROCK STEP L, COASTER STEP

1-2 Step RF fwd (1), Recover on LF (2) 12h
3&4 Step RF back (3), Step LF next to RF (&), Step RF fwd (4)
5-6 Step LF fwd (5), Recover on RF (6)
7&8 Step LF back (7), Step RF next to LF (&), Step LF fwd (8)

[9-16] STEP LOCK DIAG R, STEP LOCK STEP, STEP LOCK DIAG L, STEP LOCK STEP

1-2 Step RF to the right diagonal (1), Lock LF behind RF (2) 1h30
3&4 Step RF fwd (3), Lock LF behind RF (&), Step RF fwd (4)
5-6 Step LF to the left diagonal (5), Lock RF behind LF (6) 10h30
7&8 Step LF fwd (7), Lock RF behind LF (&), Step LF fwd (8)

[17-24] JAZZ TRIANGLE R, SIDE STEP, JAZZ TRIANGLE L, SIDE STEP ¼ TURN L

1-2 Cross RF over LF (1), Step LF back (on the way back in front of 12h) (2)
3&4 Step RF back (3), Together LF next to RF (&), Step RF to the right (4) 12h
5-6 Cross LF over RF (5), Step RF back (6)
7&8 Step LF back (7), Together RF next to LF (&), Step LF to the left with ¼ turn to the left (8) 9h

[25-32] ROCK STEP, STEP LOCK STEP BACK, POINT, ½ TURN L, HEEL GRIND ¼ TURN R, SIDE STEP ¼ TURN R

1-2 Step RF fwd (1), Recover on the LF (2) 9h
3&4 Step RF back (3), Cross LF over RF (&), Step RF back (4)
5-6 Point LF behind RF (5), Make ½ Turn to the left and transfer bw on LF (6) 3h
7&8 Right Heel fwd (7), Make ¼ turn to the right with LF back bw on LF (&) (6h), Step RF to the right with ¼ turn to the right (8) (9h) 9h

[33-40] SIDE STEP L, ROCK BACK, SIDE STEP R, ROCK BACK, ¼ TURN L STEP, STEP R, RUN 3X

1-2& Step LF to the Left (1), Cross RF behind LF (2), Recover bw on LF (&) 9h
3-4& Step RF to the right (3), Cross LF behind RF (4), Recover bw on RF (&)
5-6 Make ¼ turn to the left Step LF (5), Step RF (6), 6h
7&8 Make little quick step LF (7), RF (&), LF (8) for the style effect, bend the knees slightly

Wall 5 : TAG/RESTART after 34 counts – Side step L (1), Rock Back (2&), Make ¼ turn to the right and walk RF (1), LF (2) and restart in front of 12h with Right Rock step

[41-48] STEP, TOUCH, STEP BACK, TOUCH, STEP ½ TURN 2X

1-2 Step RF fwd (1), Touch LF behind RF (2) 6h
3-4 Step LF back (3), Touch RF in front of LF (4) 6h
5-6 Step RF fwd (5), Make ½ turn to the left (6) 12h
7-8 Step RF fwd (7), Make ½ turn to the left (8) 6h

[49-56] SLIDE, DRAG, BEHIND SIDE CROSS, HIP BUMP 3X DOW UP, ¼ TURN L

1-2 Big Step RF to the Right (1), Drag LF towards RF (2)
3&4 Cross LF behind RF (3), RF to the Right (&), Cross LF over RF (4)
5-6 RF to the right with Right hip bump and slightly bend the left knee (down) (5), Recover bw to the left with Left hip bump and slightly bend the right knee (down) (6)

7-8 Recover bw to the right with Right hip bump and get up slightly (up) (7), Recover bw on left and make $\frac{1}{4}$ turn to the left (up) (8) (3h)

[57-64] PRISSY WALK 2X, STEP, TOUCH CROSS, UNDWIND $\frac{3}{4}$ TURN L

1-2 Step RF slightly press and cross in front of LF (1), Hold (2) 3h

3-4 Step LF slightly press and cross in front of RF (3), Hold (4)

5-6 Step RF (5), Cross LF behind RF (6)

7-8 Make $\frac{3}{4}$ turn to the left with bw on LF (7-8) 6h

For the Final : Wall 6 start in front of 12 h -

At the end of the dance replace UNDWIND $\frac{3}{4}$ turn by UNDWIND FULL TURN and $\frac{1}{4}$ turn to the left , point RF to the right to finish in front of 12h.

Source : this card is the original. If you have any question, do not hesitate to contact me : Danielle PROVOST MODICA – mavipavada@hotmail.com
