

OLD No.7

拍數: 32 牆數: 2 級數: Beginner
編舞者: Mariela Barcia (ARG) & Sergio Alejandro (ARG) - April 2021
音樂: Old No. 7 - Addison Johnson



RF = right foot
LF = left foot

[1-8] CROSS, ROCK, TOE-SCUFF, HEEL STRUT-TOE

- 1-2 RF crossed rock (over LF). Recover the weight on the LF.
- 3-4 RF side rock. Recover the weight on the LF.
- 5-6 RF toe touch. RF scuff.
- 7-8 RF heel forward. LF toe touch behind RF changing the weight on to the RF (strut).

[9-16] ROCK, HEEL STRUT, TOE TOUCH (X2), HEEL STRUT-TOE

- 1-2 LF rock back. Recover the weight on the RF
- 3-4 LF heel forward. LF strut.
- 5-6 RF crossed toe touch (behind LF). LF toe touch (diagonally back)
- 7-8 LF heel touch diagonally forward. RF toe touch behind RF changing the weight on to the RF (strut).

[17-24] ¼ TURN ROCK (X2), WAVE.

- 1-2 ¼ turn (to the right) LF rock back. Recover the weight on the RF (with a LF toe touch behind RF)
- 3-4 ¼ turn (to the right) LF rock back. Recover the weight on the RF (with a LF toe touch behind RF)
- 5-6 LF step (diagonally forward). RF crossed step behind LF
- &7&8 LF side step. RF crossed step over LF.

[25-32] ROCK, ½ TURN STEP, HOOK, ¼ TURN STEP, HOOK, ¼ TURN STEP, SCUFF

- 1-2 LF rock forward. Recover the weight on the RF.
- 3-4 ½ turn (to the left) LF step. RF hook (behind).
- 5-6 ¼ turn (to the left) RF step. LF hook (behind).
- 7-8 ¼ turn (to the left) LF step. RF scuff.

TAG (8 c. After the 4th. sq): GRAPEVINE, ROLLING VINE, SCUFF

- 1-2 RF step (diagonally forward). LF crossed step behind RF
- 3-4 RF side step. LF side toe touch.
- 5-6 ¼ turn (to the left) LF step. ¼ turn (to the left) RF step.
- 7-8 ¼ tur (to the left) LF step. ¼ turn (to the left) RF scuff.

ENDING (sq. No.13): The last sequence has only 28 counts. After the RF hook (count No.28) add a RF step forward, and LF scuff and stomp

Last Update - 6 May 2021