

Growin Old With You

COPPERKNOB
BYEFOHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Tanti Surapit (INA) - February 2022
音樂: Grow Old With You - Adam Sandler : (Bossa Nova Cover)



No Tag No Restart

S1. CROSS ROCK- CHASEE (R- L)

1 2 cross R over L, recover on L
3&4 side step R to right, step L together, step R to right
5 6 cross L over R, recover on R
7&8 side step L to Left, step R together, step L to Left

S2. FORWARD ROCK- BACK SHUFFLE- BACK ROCK- FORWARD SHUFFLE

1 2 step R forward, recover on L
3&4 step L back, step L close, step L back
5 6 step R back, recover on L
7&8 step R forward, step L together, step R forward

S3. 1/2 LEFT PIVOT- FORWARD LOCK SHUFFLE- 1/2 RIGHT PIVOT- FORWARD LOCK SHUFFLE

1 2 step R forward, 1/2 turn left recover on L
3&4 step R forward, lock L behind R, step R forward
5 6 step L forward, 1/2 turn Right recover on R
7&8 step L forward, lock R behind L, step L forward

S4. 1/4 RIGHT JAZZ BOX- SWAY

1 2 cross R over L, 1/4 right step L back
3 4 step R to right, step L forward
5 6 7 8 sway R, L, R, step R close

Enjoy the Dance♥