

Growing Up and Getting Old

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate
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音樂: Growin' Up and Gettin' Old - Luke Combs



Intro: 8 Counts, Start at approx.. 7 secs

SEC 1 Step, Step, ¼ Pivot, Cross, ½ Hinge Cross Rock, Side, Extended Weave

1 Step right forward
2&3 Step left forward, pivot ¼ right transferring weight onto right, cross left over right (3:00)
4& Turn ¼ left step right back, turn ¼ left step left to left (9:00)
5-6& Cross rock right over left, recover weight onto left, step right to right
7&8& Cross left over right, step right to right, step left behind right, step right to right

SEC 2 Cross Rock, Side, Cross Rock, ¼ Step, ¼ Nightclub Basic, Side, Behind, Side

1-2& Cross rock left over right, recover weight onto right, step left to left
3-4& Cross rock right over left, recover weight onto left, turn ¼ right step right forward (12:00)
5-6& Turn ¼ right step left to left, step right beside left, cross left over right (3:00)
7-8& Step right to right, step left behind right, step right to right

Change of step, then add 2 ct Tag and Restart: This happens on Wall 5 (12:00), dance Sec 1 and 2 up to ct 16, then change of step on the & ct: Turn ¼ right and step R forward (6:00), followed by the 2 count Tag.

TAG: 2 count Tag and then Restart from Sec 1.

1-2 Step left to left, drag right beside left

SEC 3 Cross, Sweep, ¼ Diamond, Weave, Side, Touch

1 Cross left over right sweeping right from back to front
2&3 Cross right over left, step left to left, turn ⅛ right step right back (4:30)
4&5 Step left back, turn ⅛ right step right to right, cross left over right sweeping right from back to front (6:00)
6&7 Cross right over left, step left to left, step right behind left
&8 Step left to left, touch right beside left

SEC 4 Sway, Sway, Nightclub Basic, Nightclub Basic, ⅛ Step, Step, ½ Pivot, Step

1-2 Step right to right swaying body right, sway body left
3-4& Step right to right, step left beside right, cross right over left
5-6& Step left to left, step right beside left, cross left over right
7 Turn ⅛ right step right forward (7:30)
8&1 Step left forward, pivot ½ right transferring weight onto right, step left forward (1:30)

SEC 5 Rock, Back, Sweep, Back, Sweep, Back, Sweep, Back Rock, Step, Lock, Step

2& Rock right forward, recover weight onto left
3 Step right back sweeping left from front to back
4 Step left back sweeping right from front to back
5 Step right back sweeping left from front to back
6-7 Rock left back, recover weight onto right
8&1 Step left forward, lock right behind left, step left forward

SEC 6 ½ Back, ⅝ Turn Sweep, Behind Side Forward, Step, ½ Pivot, Step, Full Turn

2-3 Turn ½ left step right back, pivot ⅝ right transferring weight onto left and sweep right back (12:00)
4&5 Step right behind left, step left to left, step right forward
6&7 Step left forward, pivot ½ right transferring weight onto right, step left forward (6:00)

8& Turn ½ left step right back, turn ½ left step left forward (6:00)

Last Update – 14 Mar. 2023 – R1
