

Old Pickup (P)

拍數: 80 牆數: 0 級數: Easy Intermediate - Partner
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音樂: Old Pickup - Dierks Bentley



Intro – Counts 16 Challenge position right hand in right hand – Man face L.O.D – Woman face R.L.O.D

[1-8] M&W: (Side Rock, Behind Side Cross) x 2

1-2 LF to left PG – return on RF
3&4 LF cross behind PG – RF to right – LF cross in front
Let his partner's right hand take his left hand
5-6 RF to right – return on LF
7&8 RF cross behind PD – LF to left PG – RF cross in front

Restart here

Drop left hand and take right palm to right palm

[9-16] M&W: (Walk 1/8 Turn) x 2, Shuffle Fwd ¼ Turn, (Walk 1/8 Turn) x 2, Shuffle Fwd

1-2 1/8 turn to right LF in front – 1/8 de turn to right RF in front
3&4 ¼ turn to right shuffle fwd (L, R, L)
5-6 1/8 turn to right RF in front – 1/8 turn to right LF in front
 W: RF to right – LF next to the RF
7&8 M: ¼ turn to right shuffle fwd (R, L, R)
 W: Shuffle Fwd (R, L, R))

Take a stand sweetheart

[17-24] M: (Walk) x 2, Shuffle Fwd, ¼ Turn L Side, Behind, Shuffle Side
[17-24] W: Full Turn R, Shuffle Fwd, ¼ Turn L Side, Behind, Shuffle Side

1-2 M: Walk, Walk (L, R)
 W: ½ turn to right LF behind – ½ turn to right RF in front

Let partner's left hand go under arm with right hand

3&4 M&W: Shuffle Fwd (L, R, L)

Resume sweetheart position

5-6 M&W: ¼ turn to left RF to right – LF cross behind
7&8 M&W: Shuffle Side (R, L, R)

Let left hand pass right hand over head and take reverse Indian position

[25-32] M: Rock Step, Shuffle ½ Turn L, Rock Step, Triple Touch
[25-32] W: Rock Step, Shuffle ½ Turn L, Step Pivot ½ Turn, Triple Step

1-2 M&W: RF in front – return on LF
3&4 M&W: Shuffle ½ turn L (L, R, L)
Let the woman's hand pass under her arm
5-6 M: RF in front – return on LF
 W : PD devant – ½ tour à gauche poids sur PG

Take a face-to-face double hand hold position

7&8 M: Triple touch RF (R, L, Touch)
 W: Triple Step (R, L, R)

[33-40] M: Rock Side, ¼ Turn L Shuffle Fwd, (Walk) x 2, Shuffle Fwd
[33-40] W: Rock Side, Recover ¼ Turn R, Shuffle ½ Turn R, (Back) x 2, Shuffle Back

1-2 M: RF to right – return on LF
 W: LF to left – return on RF in front with ¼ turn to right

3&4 M: Shuffle Fwd ¼ turn to left (R, L, R)
W: Shuffle ½ turn to right (L, R, L)

Let partner's left hand pass right hand over head

5-6 M: Walk – Walk (L, R)
W: Back, back (D, G)

Take a closed position

7&8 M: Shuffle Fwd (L, R, L)
W: Shuffle Back (R, L, R)

[41-48] M: Rock Step, Shuffle ½ Turn L, Step Fwd, Pivot ½ Turn R, Shuffle ½ Turn R

[41-48] W: Rock Back, Shuffle Fwd, Step Fwd, Pivot ½ Turn L, Shuffle ½ Turn L

1-2 M: RF in front – return on LF
W: LF behind – return on RF

3&4 M: Shuffle ½ turn to right (R, L, R)
W: Shuffle in front (L, R, L)

Leave closed position and keep partner's R hand

5-6 M: LF in front – ½ turn to right weight on RF
W: RF in front – ½ turn to left weight on LF

Leave partner's right hand

7&8 M: Shuffle ½ turn to right (L, R, L)
W: Shuffle ½ turn to left (R, L, R)

Take back your partner's right hand

[49-56] M&W: (Back with toe Swivel) x 2, Coaster Step, Rock Step, Shuffle ½ Turn

1-2 M: RF behind by turning the toe of the LF – LF behind by turning the toe of the RF
W: LF behind by turning the toe of the RF – RF behind by turning the toe of the LF

3&4 M: RF behind – LF next to the RF – RF in front
W: LF behind – RF next to the LF – LF in front

5-6 M: LF in front – return on RF
W: RF in front – return on LF

7&8 M: Shuffle ½ turn to left (L, R, L)
W: Shuffle ½ turn to right (R, L, R)

Leave your partner's right hand and take her left hand

[57-64] M&W: Step, Lock, Shuffle, ¼ Turn Side, Together, Shuffle Side

1-2 M: RF in front – LF cross behind
W: LF in front – RF cross behind

3&4 M: Shuffle in front (R, L, R)
W: Shuffle in front (L, R, L)

5-6 M: ¼ turn to right LF to left – RF next to the LF
W: ¼ turn to left RF to right – LF next to the RF

Cross position double hand hold right hand over left hand

7&8 M: Shuffle side to left (L, R, L)
W: Shuffle side to right (R, L, R)

[65-72] M: Rock Step, Triple Step, Side, Together ¼ Turn R, Shuffle Fwd

[65-72] W: Rock Back, Triple Step ½ Turn R, Side, Together ¼ Turn L, Triple Step

1-2 M: RF in front – return on LF
W: LF behind – return on RF

3&4 M: Triple Step (R, L, R)
W: Triple Step ½ turn to right (L, R, L)

Keep both hands and pass your right hand over your head

5-6 M: LF to left – ¼ turn to right RF next to the LF
W: RF to right – ¼ turn to left LF next to the RF

Leave partner's right hand

7&8 M: Shuffle Fwd (L, R, L)
W: Triple Step (D, G, D)

[73-80] M: Rock Step, Shuffle ½ Turn R, (Walk) x 2, Mambo Touch

[73-80] W: Rock Back, Shuffle Fwd, ½ Turn L, Back, Coaster Step

1-2 M: RF in front – return on LF

W: LF behind – return on RF

3&4 M: Shuffle ½ turn to right (R, L, R)

W: Shuffle Fwd (L, R, L)

Keep his partner's left hand left hand behind the man's back and take the right hand in front

5-6 M: Walk – Walk (L, R)

W: ½ turn to left RF behind – LF behind

Leave the left hand to return to the starting position

7&8 M: LF in front – return on RF – touch LF next to the RF

W: RF behind – LF next to the RF – RF in front

Start Over

Restart: In the 2nd routine do the first 8 counts and start from the beginning
