

When I Grow Old

拍數: 32 牆數: 4 級數: Improver
編舞者: Mega Lienatha Lie (INA) & mBah Wir (INA) - March 2024
音樂: No Roots (Chachacha 31bpm) - DSR : (Album: Hot Rhythm 3, Pt. 1)



Intro: 32 Count - No Tag – 2 Restart

S1: SIDE, CROSS ROCK, RECOVER, CHASSE WITH ¼ RIGHT TURN, PIVOT ½ RIGHT, ¼ RIGHT CHASSE

1-3 Step L to side (1), Cross rock R over L (2), Recover onto L (3)
4&5 Step R to side (4), Step L next to R (&), Make ¼ right turn step R forward (4)
6-7 Step L forward (6), Make ½ right turn on R (7)
8&1 Make ¼ right turn step L to side (8), Step R next to L (&), Step L to side (1) 12.00

S2: BACK ROCK, RECOVER, KICK BALL CHANGE, FORWARD ROCK, RECOVER, TURN ¼ RIGHT

2-3 Rock R back (2), Recover onto L (3)
4&5 Kick R forward (4), Step on ball of R next to L (&), Step L in place (5)
6-8 Rock R forward (6), Recover onto L (7), Make ¼ right turn step R to side (8) 03.00

S3: CUBAN BREAK, TOUCH, BACK, BACK, BACKLOCK SHUFFLE

1&2& Cross rock L over R (1), Recover onto R (&), Rock L to side (2), Recover onto R (&)
3-4 Cross L over R (3), Touch R outside right (4)
5-6 Make ¼ right turn step R back (5), Step L back (6) 06.00
7&8 Step R back (7), Cross L over R (&), Step R back (8)

S4: BACK, CROSS OVER, FLICK, CROSS OVER, PIVOT ¼ LEFT, FORWARD LOCK SHUFFLE

1-4 Step L back (1), Cross R over L (2), Flick L outside left (3), Cross L over R (4)
5-6 Step R forward (5), Make ¼ left turn on L (6) 03.00
7&8 Step R forward (7), Lock L behind R (&), Step R forward (8)

Have Fun.

Restart during wall 3 after 16 counts. Dance start facing 9 o'clock
Restart during wall 8 after 16 counts. Dance start facing 12.00

For more questions about this dance please contact: lienathamega@gmail.com .or. jfdc2009@gmail.com