

Golden Oldie Easy

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Shanthie De Mel (AUS) - April 2024
音樂: The Older I Get - Clanna : (iTunes & Amazon)



Intro: 32 Count. Start on vocals. Left rotation.

Rumba rhythm = Quick- Quick- Slow throughout. No Tags or Restarts.

(1-8) LOCK STEP FORWARD. HOLD.x2

1, 2 Step R diagonally forward to right. Step L together.
3, 4 Step R diagonally forward to right. Hold.
5, 6 Step L diagonally forward to left. Step R together
7, 8 Step L diagonally forward. Hold. (12:00)

(9-16) CROSS ROCK. RECOVER. SIDE. HOLD.x2

1, 2 Cross rock R over L Recover L.
3, 4 Step R to right side. Hold.
5, 6 Cross rock L over R. Recover R.
7, 8 Step L to left side. Hold. (12:00)

(17-24) RUMBA HALF BOX BACK.

1, 2 Step R to right side. Step L together.
3, 4 Step R back. Hold.
5, 6 Step L to left side. Step R together.
7, 8 Step L back. Hold. (12:00)

(25-32) SAILOR WITH 1/4 LEFT TURN. STEP. HOLD.

1, 2 Cross R behind L. Step L to left side moving back.
3, 4 Step R to right side. Hold.
5, 6 Turning 1/4 left cross L behind R. Step R to right side. (9:00)
7, 8 Step L to left side. Hold. (9:00)

NOTE.

1. There is a 4 count pause in the music after rotation 8 facing 12:00, Continue on hold.
Begin rotation 9 when music continues.
2. To finish facing the front, on the final 10th rotation facing 9:00

Dance the last 4 counts as follows.

FORWARD. TURN 1/4 RIGHT. STEP. HOLD.

29, 30 Step L forward. Turning 1/4 right on R (12:00) step to right side.
31, 32 Step L to left side. Hold. (12:00)

Enjoy the lyrics. Smile. Dance & have fun!