

Happy Before We Get Old

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Rosalyn Straw (AUS) - January 2025
音樂: Happy Before We Get Old - Michael Shynes : (Album: Happy Before We Get Old)



Sequence: 32, 32, 32, 32, 32, 36, 32, 32, 8, 32

Intro: 32 counts

Section 1: ½ TURN PIVOT, SHUFFLE FORWARD, ROCK FORWARD RECOVER, SHUFFLE BACK

1,2 Step R forward, pivot 1/2 turn L taking weight onto L (6:00)
3&4 Step forward on R, step L next to R, step forward on R
5,6 Rock forward on L, recover on R
7&8 Step back on L, step R next to L, step back on L

Section 2: ½ UNWIND, ROCK BACK RECOVER, ¼ ROCK RECOVER, ¼ ROCK RECOVER

1,2 Touch R toe back, unwind ½ turn R (weight on left) (12:00)
3,4 Rock back on R, recover on L
5,6 Rock side on R, recover on L making ¼ turn left (9:00)
7,8 Rock side on R, recover on L making ¼ turn left (6:00)

Section 3: CROSS ROCK RECOVER, SIDE SHUFFLE ¼, PIVOT ¼, CROSS SHUFFLE

1,2 Cross Rock R over L, recover weight L
3&4 Step R to R, step L together, ¼ R step R fwd (9:00)
5,6 Step L fwd, ¼ R taking weight R (12:00)
7&8 Cross L over R, R step side, L over R

Section 4: 4 HIP SWAYS, BEHIND ¼, ½ TURN PIVOT

1,2,3,4 Step to R and sway R, L, R, L taking weight on L
5,6 Step R behind L, ¼ L stepping L fwd, (9:00)
7,8 Step R fwd, 1/2 L pivot taking weight on L (3:00)

TAG 1: At the end of Wall 5 facing 3:00 add the following 36 counts:

Section 1: ½ TURN PIVOT, ROCK FORWARD RECOVER

1,2,3,4 Step R forward, hold, pivot 1/2 turn L taking weight onto L, hold (9:00)
5,6,7,8 Step forward on R, hold, recover on L, hold

Section 2: ½ UNWIND, ROCK BACK RECOVER,

1,2,3,4 Touch R toe back, hold, unwind ½ turn R (weight on left), hold (3:00)
5,6,7,8 Rock back on R, hold, recover on L, hold

Section 3: ¼ ROCK RECOVER, ¼ ROCK RECOVER

1,2,3,4 Rock side on R, hold, recover on L making ¼ turn left, hold (12:00)
5,6,7,8 Rock side on R, hold, recover on L making ¼ turn left, hold (9:00)

Section 4: CROSS ROCK RECOVER, SIDE SHUFFLE ¼, PIVOT ¼, CROSS SHUFFLE

1,2 Cross Rock R over L, recover weight L
3&4 Step R to R, step L together, ¼ R step R fwd (12:00)
5,6 Step L fwd, ¼ R taking weight R (3:00)
7&8 Cross L over R, R step side, L over R

Section 5: 4 HIP SWAYS

1,2,3,4 Step to R and sway R, L, R, L taking weight on L

Start the dance again facing 3:00

TAG 2: At the end of Wall 7 facing 9:00: Repeat Section 4 of main dance to end facing 12:00

**ENDING: On Wall 8 (starting at 12:00) dance to count 28, then add:
Step R behind L, step L to side, step R across L, hold, to finish facing 12:00**

Last Update - 6 Jan 2025 - R1
