

Old And New

拍數: 64 牆數: 4 級數: Improver
編舞者: Cath Robb (UK)
音樂: Old Country/New Country - The Bellamy Brothers



TOE STRUTS AND GRAPEVINES

- 1-4 Tap right toe, right heel down, tap left toe, left heel down
5-8 Tap right toe, right heel down, tap left toe, left heel down
9-12 Step right to right side, cross left behind right, step right to right side, touch left beside right
13-16 Step left to left side, cross right behind left, step left to left side, touch right beside left

KNEE SLAPS AND ANKLE SLAPS

- 17-24 Rock back on right hitching left knee, slap with right hand, step down on left lifting right ankle behind left knee, slap with left hand, make $\frac{1}{4}$ turn left while stepping down on right, hitch left knee, slap with right hand, step down on left lifting right ankle behind left knee, slap with left hand

GRAPEVINES AND TOE POINTS

- 25-28 Step right to right side, cross left behind right, step right to right side, touch left beside right
29-32 Step left to left side, cross right behind left, step left to left side, touch right beside left
33-36 Point right toe to right side, replace (point both arms to right side), point right toe to right side, step right beside left (point both arms to right side)
37-40 Point left toe to left side, replace (point both arms to left side), point left toe to left side, step left beside right (point both arms to left side)

PADDLES AND HEEL BOUNCES

- 41-48 Step forward right, paddle $\frac{1}{8}$ turn left, step forward right, paddle $\frac{1}{8}$ turn left, step forward right, paddle $\frac{1}{8}$ turn left
49-52 Stomp down right foot, heel bounce left foot three times (body facing diagonally left)
53-56 Stomp down left foot, heel bounce right foot three times (body facing diagonally right)

SIDE SHUFFLES ROCK BACK

- 57&58 Step right to right side, close left beside right, step right to right side
59-60 Rock back on left, step forward on right
61&62 Step left to left side, close right beside left, step left to left side
63-64 Rock back on right, step forward on left

REPEAT

OPTIONAL ENDING

Dance steps 17-24 excluding $\frac{1}{4}$ turn, then step forward right with arms outstretched.
