

Our Old Age (P)

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 0 級數: Partner
編舞者: Moses Bourassa Jr. (USA) & Barbara Frechette (USA)
音樂: Old Age Remix - Glenn Rogers



Position: Sweetheart Position. Identical footwork unless otherwise noted. Man is slightly behind lady

SLIDE STEPS, ROCK STEPS, RECOVER STEPS

These steps are done in progression diagonally forward

1-2& Slide left to left side, rock right back behind left, recover on left
3-4& Slide right to right side, rock left behind right, recover on right
5-6& Slide left to left side, rock right back behind left, recover on left
7-8& Slide right to right side, rock left behind right, recover on right

STEP-LOCK-STEPS, ½ TURN TO THE RIGHT BASIC, ½ TURN TO THE LEFT BASIC

1-2& Step forward on left, lock right behind left, step forward on left

Couple will disconnect left hands as right hands go over lady's head in making this move

3-4 Step right making ¼ turn to the left, step left back making ¼ turn to the left & touch right over left

Couple will reconnect hands after movement

4-5& Step forward on right, lock left behind right, step forward on right

Couple will disconnect right hands as left hands go over lady's head

6-7 Step right making ¼ turn to the right, step left back making ¼ turn to the right

&8 Touch left over right, hold

Couple will reconnect hands afterwards

STEP- LOCK-STEPS

These steps are done in a forward progression

1-2& Step forward on right, lock left behind right, step forward on right

3-4& Step forward on right, lock left behind right, step forward on right

5-6& Slide left to left side, rock right back behind left, recover on left

7-8& Slide right to right side, rock left behind right, recover on right

STEP-LOCK-STEP, STEP-½ TURN TO THE LEFT-STEP, STEP-½ TURN TO THE RIGHT-STEP, STEP-ROCK-RECOVER

1-2& Step forward on left, lock right behind left, step forward on left

Couple will disconnect right hands as left hands go over lady's head

3-4& Step forward on right, step left making ½ turn to the left, step forward on right

Couple will reconnect hands after movement. Couple will disconnect right hands as left hands go over lady's head

5-6& Step forward on left side, step right making ½ turn to the right, step forward on left

Couple will connect hands afterwards

7-8& Slide right to right side, rock left behind right, recover with right

REPEAT