

Fifty Years Ago

拍數: 36 牆數: 4 級數: Improver
編舞者: John Wilson (UK) - February 2008
音樂: Fifty Years Ago - Ian Tyson : (Album: All the Good Uns)



SECTION 1: ROCK AND CROSS, ROCK 1/4 TURN, TOE STRUTS ,PIVOT 1/2 X2

1&2 rock right foot to side , recover on left foot, cross right foot over left.
3&4 rock left to side, step right 1/4 turn right,step out on left.
5 &6 touch right toe in front , step right beside left,step on out on ball of left foot
7&8 step forward on right as you pivot 1 /2 turn left, step out on left ,step forward on right as you pivot 1 /2 turn left

SECTION 2: BACK LOCK STEP X 2 , BACK COASTER ,ROCK 1/4 TURN X 2.

1&2 step back on left, lock right across left , step back on left .
3&4 step back on right , lock left foot across right, step back on right
5&6 step back on left , step right in place, step forward on left
7&8 rock out on right foot making 1/4 turn left , recover on left rock out on right making 1/4 turn left

SECTION 3: BEHIND SIDE CROSS, ROCK 1/4 TURN, FORWARD SHUFFLE, GRAPEVINE RIGHT

1&2 cross left foot behind right , step right to side , cross left over right,
3&4 rock right to side , recover weight on left foot as you make 1/4 turn left , step forward on right
5&6 step forward on left, close right behind left , step forward on left
7&8& step right to side , cross left behind right, step right to side , touch left beside right.

SECTION 4: GRAPEVINE LEFT 1/2 TURN LEFT . GRAPE VINE RIGHT ,GRAPE VINE LEFT, SIDE TOGETHER FORWARD

1&2& step left to side ,cross r ight behind left, step left to side making 1/2 turn left, hitch right leg.
3&4& step right to side, step left behind right , step right to side , touch left foot beside right,
5&6& step left to side, cross right behind left , step left to side , touch right beside left.
7&8 step right foot to side , step left beside right , step forward on right

SECTION 5: ROCK 1/2 TURN ,HIP BUMPS

1&2 rock forward on left foot . recover on right . step back on left as you make 3/4 turn left
3&4 bump hips right. left,

Begin again.

RESTART:

ON WALL 4 DANCE AS FAR AS COUNTS 1&2 SECTION 3 .THEN RESTART DANCE