

Just Like The Good Old Days

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Rep Ghazali (SCO) - January 2011
音樂: Good Old Days - The Tractors : (CD: Trade Union)



Diagonal, Slide, Heel Split, Diagonal< Slide, Heel

- 1 - 2 RF big step diagonal right fwd – LF slide next to RF
- 3 - 4 RF+LF swivel heel out, R hand right, L hand left – swivel back to centre (weight RF)
- 5 - 6 LF big step diagonal L fwd – RF slide next to LF
- 7 - 8 RF+LF swivel heel out, R hand right and L hand left – RF+LF swivel back to centre (weight LF)

Vine, Cross, Side Rock, Cross, Hold

- 1 - 2 RF step to right side – LV step behind RF
- 3 - 4 RF step to right side – LF step across RF
- 5 - 6 RF rock right side – LF weight back
- 7 - 8 RF step across LF – Hold

Vine ¼ Turn, Step, ½ Pivot, ¼ Turn, Behind, Hold

- 1 - 2 LV step to left side – RF step behind LF
- 3 - 4 LF ¼ turn left, LF step fwd (9.00) – RV step fwd
- 5 - 6 RF+LF ½ turn left – RF ¼ turn left, Rf step to left side (12.00)
- 7 - 8 LF step behind RF – Hold

¼ Turn Toe Strut Back, ½ Turn Toe Strut Forward, Rocking Chair

- 1 - 2 RF ¼ turn left, step on toe back – RF heel down (9.00)
- 3 - 4 LF ½ turn left, step on toe forward (3.00) – LF heel down
- 5 - 6 RF rock forward – LF weight back
- 7 - 8 RF rock back – LF weight back

Step, ½ Pivot, Step, Hold, Full Turn, Step, Hold

- 1 - 2 RV step forward – RF+LF ½ turn left (9.00)
- 3 - 4 RF step forward – Hold
- 5 - 6 LF ½ turn right, LF step back – RF ½ turn right, RF step forward (9.00)
- 7 - 8 LF step forward – Hold

*option 5-6 LF step forward, RF lock behind

Side Rock, Kick, Cross, Back, Back, Kick, Cross

- 1 - 2 RF rock to right side – LF weight back
- 3 - 4 RF kick diagonal right forward – RF step across LF
- 5 - 6 LF step back – RF step back
- 7 - 8 LF kick diagonal left forward – LF step across RF

Step Back, ½ Turn, Step, Together, Heel Toe, Heel Swivel, Clap

- 1 - 2 RF step back – LF ½ turn left, LF step forward (3.00)
- 3 - 4 RF step forward – LF step next to RF
- 5 - 6 RF+LF swivel heel to right side – RF+LF swivel toe to right side
- 7 - 8 RF+LF swivel heel to right side (weight on RF) – Clap

Side Rock, ¼ Turn, Step, Hold, Step, ½ Pivot x 2

- 1 - 2 LF rock to left side – LF ¼ turn right, weight back (6.00)
- 3 - 4 LV step forward – Hold

5 - 6 RF step forward - RF+LF ½ turn left (12.00)
7 - 8 RF step forward – RF+LF ½ turn left (6.00)

Repeat
