

Old Fashioned Girl

拍數: 32 牆數: 4 級數: Beginner
編舞者: Yvonne van Baalen (NL) - March 2011
音樂: Old Fashioned Girl - Lisa McHugh



32 counts intro or 16 slow counts intro.

Section 1: 1 - 8: R. RUMBA BOX, L. RUMBA BOX, BACK STEP LOCK STEP right & left

1 Step right to the right side
& Step left together
2 Step right forward
3 Step left to the left side
& Step right together
4 Step left back
5 Step back on right
& Cross left over right
6 Step back on right
7 Step back on left
& Cross right over left
8 Step back on left

Section 2: 9 - 16: COASTER STEP, FULL TRIPLE TURN RIGHT/or left shuffle fwd, R. TOE STRUT, CROSS STRUT, R. SCISSOR STEP

1 Step right back
& Step left together
2 Step right forward
3 Turn ½ right, step back on left
& Turn ½ right, step forward on right
4 Step left forward (12.00)

(option: instead of the full turn on counts 3&4
shuffle forward on left-right-left)

5 Touch right toe to right side
& Drop heel
6 Touch left toe over right
& Drop heel
7 Step right to the right side
& Step left together
8 Cross right over left

Section 3: 17 - 24: L. TOE STRUT, CROSS STRUT, L. SCISSOR STEP, R. CHASSE ¼ TURN RIGHT, STEP ½ TURN RIGHT, STEP

1 Touch left toe to the left side
& Drop heel
2 Touch right toe over left
& Drop heel
3 Step left to the left side
& Step right together
4 Cross left over right
5 Step right to the right side
& Step left together
6 Step right ¼ turn right forward (3.00)
7 Step forward on left

& Pivot ½ turn right
8 Step left forward (9.00)

Section 4: 25 - 32: CHARLESTON STEP, SHUFFLE FORWARD ON RIGHT & LEFT

1 Swing right foot touching in front
2 Step back on right
3 Swing left foot touching back
4 Step forward on left
5 Step forward on right
& Step left together
6 Step forward on right
7 Step left forward
& Step right together
8 Step left forward

Tag: End of walls 2 and 5

R.MAMBO TOUCH

1 Step right forward
& Step back on left
2 Touch right beside left

Start again with right rumba box

Ending on wall 8

Dance up to count 3&4 of section 2

After the full turn/or shuffle.

Then do the following steps for ending front wall

1 Step forward on right
& Turn ¼ left
2 Stomp right beside left

E-mail: yvonne045@hotmail.com
