Golden Years



拍數: 64 牆數: 2 級數: Improver

編舞者: Dee Musk (UK) - April 2011

音樂: Golden Years - Sandy Newman: (CD: Golden Years - 3:46)



32 Count Intro from the start. Approx 15 seconds.

R Mambo Forward L Kick, L Coaster Step Brush.

1-4 Rock forward on R, recover weight to L, step back on R, kick L forward.

5-8 Step back on L, step R beside L, step forward on L, brush R forward. (12 o'clock).

R Lock Step Brush, Rock Recover ½ Turn L Brush.

1-4 Step forward on R, lock L behind R, step forward on R, brush L forward.

5-8 Rock forward on L, recover weight to R, make a ½ turn L, brush R forward. (6 o'clock).

RESTART: DURING Wall 3 – begin again facing 6 o'clock wall.

Side Touch X2, Side Behind Side Cross.

1-4 Step R to R side, touch L beside R, step L to L side, touch R beside L.

5-8 Step R to R side, cross L behind R, step R to R side, cross L over R. (6 o'clock).

Side Touch X2, Rock Recover Cross Hold.

1-4 Step R to R side, touch L beside R, touch L to L side, touch R beside L.

5-8 Rock R out to R side, recover weight to L, cross R over L, hold count 8. (6 o'clock).

Side Behind Side Cross, Rock 1/4 Turn Step R Hold.

1-4 Step L to L side, cross R behind L, step L to L side, cross R over L.

5-8 Rock L out to L side, make a ¼ turn R, step forward on L, hold count 8. (9 o'clock).

R Lock Step Brush, L Lock Step Brush.

1-4 Step forward on R, lock L behind R, step forward on R, brush L forward.

5-8 Step forward on L, lock R behind L, step forward on L, brush R forward. (9 o'clock).

Rock Recover ½ Turn R Brush, Step ¼ Turn R Cross Hold.

1-4 Rock forward on R, recover weight to L, make a ½ turn R, brush L forward.
5-8 Step forward on L, make a ¼ turn R, cross L over R, hold count 8. (6 o'clock).

Rhumba Box Back Touch, Rhumba Box Forward Brush.

1-4 Step R to R side, step L beside R, step back on R, touch L beside R.

5-8 Step L to L side, step R beside L, step forward on L, brush R forward. (6 o'clock).

Choreographer's Note: on the final wall, as the music slows, dance to the end of the sequence to finish facing front.

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