

When You Are Old

拍數: 32 牆數: 4 級數: Improver
編舞者: Wendy Monaghan (NZ) & Tom Monaghan (NZ) - April 2012
音樂: When You Are Old - Martina McBride : (Album: My Heart)



Introduction: 16 Counts in, before vocals.

(1) SIDE, BEHIND, 1/4TURN, 1/2 TURN-BACK-SHUFFLE, HOOK, FWD, BACK, TOG-1/4TURN, FWD, 1/2PIVOT, STEP.

1 2 & Step R to side, drag L to step behind R, & turn ¼ Right step R forward,
3&4& Turn ½ right stepping L back, & step R beside L, step L back, & hook R heel to L shin, (9.00)
5 6 & Step R fwd, recover on L, & step R beside L turning ¼ turn Right, (12.00)
7&8 Step L forward, & pivot ½ turn Right (weight fwd), step L forward. (6.00)

(2) SIDE, BEHIND, 1/4TURN, 1/4TURN-BACK-SHUFFLE, HOOK, FWD, BACK, TOG-1/4TURN, FWD, 1/2PIVOT, STEP.

1 2 & Step R to side, drag L to step behind R, & turn ¼ Right step R fwd,
3&4& Turn ¼ turn Right step L back, & step R beside L, step L back, & hook R heel to L shin,
(12.00)
5 6 & Step R fwd, recover on L, & step R beside L turning ¼ right, (3.00)
7&8 Step L fwd, & pivot ½ turn right (weight fwd) step L fwd. (9.00)

(Restart here during wall 4)

(3) FWD, 1/2 PIVOT, FULL -TURN - FORWARD, TOGETHER, ROCKING-CHAIR, ACROSS, 1/4TURN, SIDE.

1 2 Step R fwd, pivot ½ turn Left (weight fwd),
3&4& Full turn forward triple (over R shoulder) stepping R.L.R, (alt: fwd-shuffle R.L.R), & step L
beside R, (3.00)
5&6& Step R fwd, & rock back onto L, step back on R, & recover onto L,
(Alternative: steps for counts 5&6&, Step R fwd, & pivot ½ left, step R fwd, & pivot ½ left)
7&8 Step R across L, & turn ¼ Right step L back, step R to side. (6.00)

(4) ACROSS, 1/4, 1/4, ACROSS. 1/4, 1/2, COASTER-STEP, SAILOR -STEP, TOGETHER.

1&2 Step L across R, & turn ¼ Left step R back, turn ¼ Left step L to side, (12.00)
3&4 Step R across L, & turn ¼ Right step L back, turn ½ Right step R forward, (9.00)
5&6 Step L fwd, & step R beside L, step L back,
7&8& Step R behind L, & step L to side, step R to side, & step L beside R .

Repeat dance in new direction.

Restart: during wall 4 dance to counts 7&8 (L fwd, pivot ½ turn right, L fwd) of section 2 then restart facing the front wall.