

Ex Old Man

拍數: 96 牆數: 2 級數: Low Intermediate
編舞者: Sandy Goodman (USA) - December 2012
音樂: Ex-Old Man - Kristen Kelly



16 count intro.

Forward Right Step-Lock-Step, Brush, Jazz Box ¼ Turn Left, Cross

1 - 4 Step Right forward (1), Lock Left behind right (2), Step Right forward (3), Brush Left forward (4)
5 - 8 Cross/Step Left over right (5), Step Right back (6), Step Left ¼ turn left (7), Cross Right over left (8)

Step Side Left, Hold, &, Step Side Left, Touch, Step Side Right, Hold, &, Step Side Right, Touch

1 - 2 Step Left side left (1), Hold (2)
&3- 4 Step Right beside left (&), Step Left side left (3), Touch Right beside left (4)
5 - 6 Step Right side right (5), Hold (6)
&7- 8 Step Left beside right (&), Step Right side right (7), Touch Left beside right (8)

Forward Left Step-Lock-Step, Brush, Jazz Box ¼ Turn Right, Cross

1 - 4 Step Left forward (1), Lock Right behind left (2), Step Left forward (3), Brush Right forward (4)
5 - 8 Cross/Step Right over left (5), Step Left back (6), Step Right ¼ turn right (7), Cross Left over right (8)

Step Side Right, Hold, &, Step Side Right, Touch, Step Side Left, Hold, &, Step Side Left, Touch

1 - 2 Step Right side right (1), Hold (2)
&3- 4 Step Left beside right (&), Step Right side right (3), Touch Left beside right (4)
5 - 6 Step Left side left (5), Hold (6)
&7- 8 Step Right beside left (&), Step Left side left (7), Touch Right beside left (8)

Right Rocking Chair, Jazz Box ¼ Turn Right

1 - 4 Rock Right forward (1), Recover on Left (2), Rock Right back (3), Recover on Left (4)
5 - 8 Cross Right over left (5), Step Left back (6), Step Right ¼ turn right (7), Step Left together (8)

Right Rocking Chair, Jazz Box ¼ Turn Right

1 - 4 Rock Right forward (1), Recover on Left (2), Rock Right back (3), Recover on Left (4)
5 - 8 Cross Right over left (5), Step Left back (6), Step Right ¼ turn right (7), Step Left together (8)

Forward Right Step-Lock-Step, Brush, Jazz Box ¼ Turn Left, Cross

1 - 4 Step Right forward (1), Lock Left behind right (2), Step Right forward (3), Brush Left forward (4)
5 - 8 Cross/Step Left over right (5), Step Right back (6), Step Left ¼ turn left (7), Cross Right over left (8)

Step Side Left, Hold, &, Step Side Left, Touch, Step Side Right, Hold, &, Step Side Right, Touch

1 - 2 Step Left side left (1), Hold (2)
&3- 4 Step Right beside left (&), Step Left side left (3), Touch Right beside left (4)
5 - 6 Step Right side right (5), Hold (6)
&7- 8 Step Left beside right (&), Step Right side right (7), Touch Left beside right (8)

Rumba Box Forward

1 - 4 Step Left side left (1), Step Right together (2), Step Left forward (3), Hold (4)

5 - 8 Step Right side right (5), Step Left together (6), Step Right forward (7), Hold (8)

Rumba Box Back

1 - 4 Step Left side left (1), Step Right together (2), Step Left back (3), Hold (4)

5 - 8 Step Right side right (5), Step Left together (6), Step Right back (7), Hold (8)

Coaster Step, Hold, Jazz Box ¼ Turn Right

1 - 4 Step Left back (1), Step Right beside left (2), Step Left forward (3), Hold (4)

5 - 8 Cross Right over left (5), Step Left back (6), Step Right ¼ right (7), Step Left together (8)

(Tush Push Hips) Bump Hips Right (x2), Bump Hips Left (x2), Bump Hips R-L-R-L

1 - 4 Bump Right hips right - twice (1-2), Bump Left hips left - twice (3-4)

5 - 8 Bump hips - Right (5), Left (6), Right (7), Left (8)

Begin Again!!!!

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