

Old Skool

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Neville Fitzgerald (UK), Julie Harris (UK) & Francien Sittrop (NL) - November 2013
音樂: Move - Little Mix : (Single - iTunes)



Starts after 32 Counts.

Step, Lock, Step, Lock, Rock Step, Rock 1/2.

- 1-2 Step forward on Left, Lock Right behind Left. (pop Left knee forward as you lock) .
- 3-4 Step forward on Left, Lock Right behind Left. (pop Left knee forward as you lock)
- 5-6 Rock forward on Left, recover on Right on Right.
- 7-8 Rock forward on Left, make 1/2 turn to Right stepping forward on Right.

3/4 Bounce Bounce, Side Rock & Side Rock, Coaster Step.

- 1-2 Make 1/4 turn to Right stepping Left next to Right (soft knees bouncing down.. weight stays on Right), 1/2 turn to Right stepping Left next to Right (soft knees).
- 3-4& Rock Right to Right side, recover on Left, step Right next to Left.
- 5-6 Rock Left to Left side, recover on Right.
- 7&8 Step back on Left, step Right next to Left, step forward on Left.

Walk, Walk, Kick Touch, Look, Step, 1/2 Sweep.

- 1-2 Walk forward Right-Left.
- 3-4 Kick Right forward, touch Right toe back.
- 5-6 Look back over Right shoulder (body twists to Right and weight goes onto Right), recover on Left.
- 7-8 Keeping weight on Left make 1/2 turn to Left sweeping Right out to side, touch Right next to Left.

Side, Touch, 1/4, Touch, 1/4 Chasse, 1/4, Touch.

- 1-2 Step Right to Right side, touch Left next to Right.
- 3-4 Make 1/4 turn to Right stepping Left to side, touch Right next to Left.
- 5&6 Make 1/4 turn to Right stepping Right to Right side, step Left next Right, step Right to Right side.
- 7-8 Make 1/4 turn to Right stepping Left to Left side, step Right next to Left. (R**)

Touch, Touch, Hitch, Behind & Side, Touch, Touch, Hitch, .

- 1-2 Touch Left toe across Right (body leans slightly back Left), touch Left toe forward diagonal Left.
- 3 Hitch Left up facing Left diagonal.
- 4&5 Cross step Left behind Right, step Right to Right side, step Left to Left side.
- 6-7 Touch Right toe across Left, (body leans slightly back Right), touch Right toe to Right diagonal.
- 8 Hitch Right up facing Right diagonal.

Coaster Step, Rock Step, & Back Back, Touch, 1/4.

- 1&2 Step back on Right, step Left next to Right, step forward on Right.
- 3-4 Rock forward on Left, recover on Right .
- &5-6 Step Left next to Right, step back on Right, step back on Left.
- 7-8 Touch Right toe back, make 1/4 turn to Right taking weight on Right. (R*)

Cross, Side, Behind, Behind & Rock, Recover, Back, 1/2.

- 1-2 Cross step Left over Right, step Right to Right side.

3 Cross step Left behind Right as Right kicks out to Right side & sweeps out to side.
4&5 Cross step Right behind Left, step Left to Left side, rock forward on Right.
6-7-8 Recover on Left, step back on Right, make 1/2 turn to Left stepping forward on Left.

Rock, Recover, Sailor 1/4, Walk L-R-L-R

1-2 Rock forward on Right, recover on Left.
3&4 Cross step Right behind Left, make 1/4 turn to Right stepping Left next to Right, step forward Right. .
5-8 Make a circular 3/4 turn to Right stepping Left-Right-Left-Right.

R* Restart Wall 1

Dance Up To & Including Count 8 (48) Section 6.. Then Restart From Beginning.

R Restart Wall 2**

Dance Up To & Including Count 8 (32) Section 4.. Then Restart From Beginning.
