

Like The Good Old Days

拍數: 48 牆數: 2 級數: Improver
編舞者: Don Pascual (FR) - December 2013
音樂: Good Old Days - The Tractors



Start on vocals

Section 1: Chasse to the R, back rock step, chasse to the L, back rock step

1&2 Step R to R side, step L beside R, step R to R side
3-4 L back rock, recover onto R
5&6 Step L to L side, step R beside L, step L to L side
7-8 R back rock, recover onto L

Section 2: R kick ball step x2, dwight steps in place

1&2 R kick forward, R beside L (on ball), step L forward
3&4 R kick forward, R beside L (on ball), step L forward
5-6 Swivel L heel to the R touching R toes beside L, swivel L heel to the L touching R heel forward
7-8 Swivel L heel to the R touching R toes beside L, swivel L heel to the L touching R heel forward

RESTART: Wall 5 facing 12h00

Section 3: Jazz triangle with toe struts making a R ¼ T,

1-2 Cross R toe over L, drop R heel
3-4 L toe back, drop L heel
5-6 R ¼ T & R toe to R side, drop R heel
7-8 L toe beside R, drop L heel

Section 4: Swivels to the R x3, hold + clap, swivels to the L x3, hold + clap

1-4 Swivel both heels to the R, swivel toes to the R, swivel heels to the R, hold + clap
5-8 Swivel heels to the L, swivel toes to the L, swivel heels to the L, hold + clap

Section 5: Syncopated jump out fwd, hold, syncopated jump in fwd x2, syncopated jump out fwd, hold, syncopated jump in fwd x2

&1-2 Syncopated jump out forward (R, L), hold
&3&4 Syncopated jump in forward (R, L) x 2
&5-6 Syncopated jump out forward (R, L), hold
&7&8 Syncopated jump in forward (R, L) x 2

Section 6: Stomp up R, R toe fans making a R ¼ T, stomp up L, L toe fans

1-4 Stomp up R beside L (R toe in L diagonal), swivel R toe to the R, to the L, to the R making a R ¼ T
5-8 Stomp up L beside R (L toe in R diagonal), swivel L toe to the L, to the R, return to center (ending weight on L)

Have fun with this dance !!

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