

For Old Times

拍數: 64 牆數: 4 級數: Improver
編舞者: Marie Sørensen (TUR) - February 2014
音樂: I Cry - Bouke



Intro: 16 Counts - No Tags or Restart !

CROSS BACK, CHASSE LEFT, CROSS BACK, CHASSE RIGHT

1-2 Cross left over right, step back on right
3&4 Step left to left side, step right next to left, step left to left side
5-6 Cross right over left, step back on left
7&8 Step right to right side, step left next to right, step right to right side (12:00)

CROSS ROCK, RECOVER, CHASSE, CROSS ROCK, CHASSE 1/4 TURN RIGHT

1-2 Cross rock left over right, recover
3&4 Step left to left side, step right next to left, step left to left side
5-6 Cross rock right over left, recover
7&8 Step right to right side, step left next to right, 1/4 turn right, step fwd. right (03:00)

ROCKIN' CHAIR, JAZZ BOX, CROSS

1-2 Rock fwd. left, recover
3-4 Rock back left, recover
5-6 Cross left over right, step back on right
7-8 Step left next to right, cross right over left (03:00)

LOCK STEP BACK LEFT, ROCK, RECOVER, LOCK STEP FWD. RIGHT, SKATE, SKATE

1&2 Step back on left, lock right in front of left, step back on left
3-4 Back rock right, recover
5&6 Step fwd. right, lock left behind right, step fwd. right
7-8 Skate left fwd. skate right fwd. (03:00)

STEP 1/4 TURN RIGHT, CROSS SHUFFLE, 1/4 TURN LEFT X 2, CROSS SHUFFLE

1-2 Step fwd. left, 1/4 turn right (Weight on right) (06:00)
3&4 Cross left over right, step right to right side, cross left over right
5-6 1/4 turn left, step back on right, 1/4 turn left, step left to left side
7&8 Cross right over left, step left to left side, cross right over left (12:00)

ROCK, RECOVER, BEHIND, SIDE, CROSS, CHASSE, BACK ROCK, RECOVER, SIDE

1-2 Rock left to left side, recover
3&4 Cross left behind right, step right to right side, cross left over right
5&6 Step right to right side, step left next to right, step right to right side
7&8 Rock left behind right, recover, step left to left side (12:00)

HEEL GRIND, SIDE, BEHIND, SIDE, HEEL GRIND, SIDE, BEHIND, SWEEP

1-2 Heel grind right over left, step left to left side
3-4 Cross right behind left, step left to left side
5-6 Heel grind right over left, step left to left side
7-8 Cross right behind left, sweep left from front to back (12:00)

BEHIND, SIDE, CROSS, CHASSE, CROSS ROCK, RECOVER, 1/4 TURN LEFT, STEP FWD.

1&2 Cross left behind left, step right to right side, cross left over right
3&4 Step right to right side, step left next to right, step right to right side

5-6 Cross rock left over right, recover (12:00)
7-8 1/4 turn left, step fwd. left, step fwd. right (09:00)

NOTE - This dance is written by request from Ilse Hamers, as a tribute to her linedance friends in The Chieftains/Netherland, because they have been so faithful to her throughout many years.

Have Fun!

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