Ol' Hag

Count: 48	**Wand:** 1	**Ebene:** Improver waltz

Choreograf/in: Rey Kleinsasser (USA)

Musik: Alcohol - Brad Paisley

SUGARFOOT, CROSS, SUGARFOOT, CROSS
1-3   Right toes touch forward; right heel touch forward; right step across in front
4-6   Left toes touch forward; left heel touch forward; left step across in front

"MAMBO", ¼, HOLD, SCUFF
1-3   Right step side right; rock to left; right step together
4-6   Left step into ¼ turn left; hold; right scuff forward

STEP, HOLD, ½ PIVOT, STEP, HOLD, ¼ PIVOT
1-3   Right step forward; hold, pivot ½ turn left(weight to left)
4-6   Right step forward; hold; pivot ¼ turn left(weight to left)

TWINKLE, TWINKLE
1-3   Right step across in front; left step side left; right step together
4-6   Left step across in front; right step side left; left step together

HEEL, HOLD, CLOSE, HEEL, HOLD, CLOSE
1-3   Right heel touch forward; hold; right step together
4-6   Left heel touch forward; hold; left step together

WALK BACK 3, ROCK FORWARD, BACK, FORWARD
1-3   Right step back; left step back; right step back
4-6   Rock forward(onto left); rock back; rock forward

"SAILOR, SAILOR"
1-3   Right step across in back; left step side left; right step together
4-6   Left step across in back using a motion to the left; right step side right; left step together

SIDE, HOLD, CLOSE, SIDE, HOLD, CLOSE
1-3   Right step side right; hold; left step together
4-6   Right step side right; hold; left step together

Extra fun: use syncopated hip movements with these 6 counts: right-left-right, left, right-left-right, left., and clap overhead

REPEAT

VARIATION
When using "Politically Uncorrect", use the following variations: On the capitalized syllables in the music (this happens in the eighth repetition), stomp forward instead of cross-step and stomp instead of step (into ¼ turn): "nothing wrong with THE Bible, NO-thing wrong with the FLAG." (These are counts 3,6, and 10), and po-LI-tically (Count 10 in the ninth rep). Cross-step left in front on very last count instead of start that second sailor