

Built For Old Age

Count: 32

Wall: 4

Level: Improver nightclub

Choreographer: Moses Bourassa Jr. (USA) & Barbara Frechette (USA)

Music: Old Age Remix - Glenn Rogers



SLIDE STEPS, ROCK STEPS, ¼ TURN STEP

- 1-2& Slide left to left side, rock right back behind left, recover on left
- 3-4& Slide right to right side, rock left behind right, recover on right
- 5-6& Step left making ¼ turn to the left, step right to right side, rock left behind right
- 7-8& Slide left to left side, rock right back behind left, recover on left

TOE TOUCHES, FULL TURN TO THE RIGHT, FULL TURN TO THE LEFT

- 1-2 Touch right over left, touch right to right side
- 3& Step right making ¼ turn to the right, step left back making ½ turn to the right
- 4-5 Step right making ¼ turn to the right, touch left over right
- 6-7 Touch left to left side, step left making ¼ turn to the left
- &8 Step right back making ½ turn to the left, step left making ¼ turn to the left

STEP-LOCK-STEP, ½ TURN TO THE LEFT, CROSS TOUCH, SLIDE STEPS, ROCK STEPS, RECOVERS

- 1-2& Step forward on right, lock left behind right, step forward on right
- 3-4& Step left making ¼ turn to the left, step right back making ¼ turn to the left, touch left over right
- 5-6& Slide left to left side, rock right back behind left, recover on left
- 7-8& Slide right to right side, rock left behind right, recover on right

Restart at wall 3 which is facing 6:00 wall

STEP-LOCK-STEP, ½ TURN TO THE RIGHT, CROSS TOUCH, SLIDE STEPS, ROCK STEPS, RECOVERS, TOUCH

- 1-2& Step forward on left, lock right behind left, step forward on left
- 3-4& Step right making ¼ turn to the right, step left back making ¼ turn to the right, touch right over right
- 5-6& Slide right to right side, rock left back behind right, recover on right
- 7-8& Slide left to left side, step right next to left, touch left next to right

REPEAT