Co	mpte: 32	Mur: 4	Niveau: Ultra Beginner	
Chorégr	aphe: Pat Newe	ell (USA) - October 20	15	
Mu	sique: Going Ba	ack to Louisiana by Le	roy Parnell - 126 bpm	
** Dedicat	ed to all the 80-	90 yr old "kids" in my o	classes. **	
* Senior D	ancing Series* -	This dance was crea	ted for seniors to improve balance	
	ain rhythm.	Step Kicks, Walking fo	orward/back, Touches, Turns, and lear	ning to step on the bea
-	men and Song b	by Patty Loveless 16 in and Write Myself A I	n / 124 BPM etter by Anne Murray - 32 in/134 BPM	
m Gonna				
	ck, Step Kick, St	·		
Vine R Kia	ck, Step Kick, St	ep Kick [12:00]	de, kick L slightly across R,	
Vine R Kic 1-4	c k, Step Kick, St e Step R to	ep Kick [12:00] R, L behind R, R to si		R
Vine R Kio 1-4 5-8	ck, Step Kick, St Step R to step L to I	ep Kick [12:00] R, L behind R, R to si L, kick R slightly acros	de, kick L slightly across R,	R
Vine R Kic 1-4 5-8 Vine L Kic	ck, Step Kick, Ste Step R to step L to I ck, Step Kick, Ste	ep Kick [12:00] R, L behind R, R to si L, kick R slightly acros ep Kick [12:00]	de, kick L slightly across R, s L, step R to R, kick L slightly Across	R
Vine R Kid 1-4 5-8 Vine L Kid 1-4	ck, Step Kick, Ste Step R to step L to I ck, Step Kick, Ste Step to L	ep Kick [12:00] R, L behind R, R to si L, kick R slightly acros ep Kick [12:00] to L, R behind L, step	de, kick L slightly across R,	
Vine R Kio 1-4 5-8 Vine L Kio 1-4 4-8	ck, Step Kick, Step Step R to step L to I ck, Step Kick, Ste Step to L Step R to	ep Kick [12:00] R, L behind R, R to si L, kick R slightly acros ep Kick [12:00] to L, R behind L, step R, kick L slightly acro	de, kick L slightly across R, s L, step R to R, kick L slightly Across L to side, kick R slightly across L, ss R, Step L to L, kick R slightly across	
Vine R Kio 1-4 5-8 Vine L Kic 1-4 4-8 Walk forw	ck, Step Kick, Ste Step R to step L to I ck, Step Kick, Ste Step to L Step R to ard R, L, R, Kick	ep Kick [12:00] R, L behind R, R to si L, kick R slightly acros ep Kick [12:00] to L, R behind L, step R, kick L slightly acro	de, kick L slightly across R, s L, step R to R, kick L slightly Across L to side, kick R slightly across L,	
Vine R Kid 1-4 5-8 Vine L Kic 1-4 4-8 Walk forw 1-4	ck, Step Kick, Step Step R to step L to I ck, Step Kick, Ste Step to L Step R to ard R, L, R, Kick Walk forw	ep Kick [12:00] R, L behind R, R to si L, kick R slightly acros ep Kick [12:00] to L, R behind L, step R, kick L slightly acro	de, kick L slightly across R, s L, step R to R, kick L slightly Across L to side, kick R slightly across L, ss R, Step L to L, kick R slightly across ck L, R, L, touch R□[12:00] touch depending on balance)	
Vine R Kic 1-4 5-8 Vine L Kic 1-4 4-8 Walk forw 1-4 5-8	ck, Step Kick, Step Step R to step L to I ck, Step Kick, Ste Step to L Step R to ard R, L, R, Kick Walk forw Walk back	ep Kick [12:00] R, L behind R, R to si L, kick R slightly acros ep Kick [12:00] to L, R behind L, step R, kick L slightly acro k L (or touch), walk ba rard R, L, R, kick L (or k L, R, L, touch R besi	Ide, kick L slightly across R, as L, step R to R, kick L slightly Across L to side, kick R slightly across L, ss R, Step L to L, kick R slightly across ck L, R, L, touch R⊡[12:00] touch depending on balance) de L	
Vine R Kic 1-4 5-8 Vine L Kic 1-4 4-8 Walk forw 1-4 5-8	ck, Step Kick, Ste Step R to step L to I ck, Step Kick, Ste Step to L Step R to ard R, L, R, Kick Walk forw Walk back	ep Kick [12:00] R, L behind R, R to si L, kick R slightly acros ep Kick [12:00] to L, R behind L, step R, kick L slightly acro k L (or touch), walk ba vard R, L, R, kick L (or k L, R, L, touch R besi	de, kick L slightly across R, s L, step R to R, kick L slightly Across L to side, kick R slightly across L, ss R, Step L to L, kick R slightly across ck L, R, L, touch R□[12:00] touch depending on balance)	
Vine R Kic 1-4 5-8 Vine L Kic 1-4 4-8 Walk forw 1-4 5-8 Walk forw 1-4	ck, Step Kick, Step Step R to step L to I ck, Step Kick, Ste Step to L Step R to ard R, L, R, Kick Walk forw Walk back	ep Kick [12:00] R, L behind R, R to si L, kick R slightly acros ep Kick [12:00] to L, R behind L, step R, kick L slightly acro x L (or touch), walk ba yard R, L, R, kick L (or x L, (or touch) Walk ba yard R, L, R, kick L (or	ide, kick L slightly across R, s L, step R to R, kick L slightly Across L to side, kick R slightly across L, ss R, Step L to L, kick R slightly across ck L, R, L, touch R⊡[12:00] touch depending on balance) ide L ck L, R, L ¼ Left, touch R [9:00]	
Vine R Kic 1-4 5-8 Vine L Kic 1-4 4-8 Walk forw 1-4 5-8 Walk forw 1-4 5-8	ck, Step Kick, Step Step R to step L to I ck, Step Kick, Ste Step to L Step R to ard R, L, R, Kick Walk forw Walk back	ep Kick [12:00] R, L behind R, R to si L, kick R slightly acros ep Kick [12:00] to L, R behind L, step R, kick L slightly acro k L (or touch), walk ba rard R, L, R, kick L (or k L, R, L, touch R besi rard R, L, R, kick L (or k L, R, turn ¼ L on L, to	Ide, kick L slightly across R, as L, step R to R, kick L slightly Across L to side, kick R slightly across L, ss R, Step L to L, kick R slightly across ck L, R, L, touch R⊡[12:00] touch depending on balance) de L ck L, R, L ¼ Left, touch R [9:00] touch depending on balance)	