拍数： 64
壇数： 4
级数：Improver／Intermediate
编舞者：Diana Dawson（UK）－February 2018
音乐：For the Ages－The Mavericks ：（CD：Brand New Day－amazon）
\＃16 count intro
S1：Rumba Box back
1－4 Step Right to Right side．Step Left beside Right，Step back on Right．Hold
5－8 Step Left to Left side．Step Right beside Left．Step forward on Left．Hold
S2：Step forward，Pivot Half Turn，Step，Step forward，Pivot Quarter turn，Cross
1－4 Step forward on Right．Pivot Half turn Left．Step forward on Right．Hold（6：00）
5－8 Step forward on Left．Pivot Quarter turn Right．Cross Left over Right．Hold（9：00）
S3：Side－Rock，Cross，Side，Behind，Side，Cross
1－4 Rock Right to Right Side．Recover onto Left．Cross Right over Left．Step Left to Left side
5－8 Step Right behind Left．Step Left to Left side．Cross Right over Left．Hold
S4：Diagonal Forward，Tap，Back，Kick，Coaster Step
1－2 Step Left diagonally forward Left．Tap Right behind Left
3－4 Step Right back．Kick Left foot forward（still at the diagonal）
5－8（Straightening up）Step back on Left．Step Right beside Left．Step forward on Left．Hold （9：00）
RESTART here on Wall 4 facing 6 o＇clock
S5：Step，Pivot Half turn，Step－Right and Left
1－4 Step forward on Right．Pivot Half turn Left．Step forward on right．Hold（3：00）
5－8 Step forward on Left．Pivot Half turn Right．Step forward on Left．Hold（9：00）
S6：Circle weave
1－4 Cross Right over Left．Step Left to Left side．Step Right behind Left．Sweep Left backwards 5－8 Step Left behind Right．Step Right to Right side．Step forward on Left．Hold

S7：Rock forward，Recover Half turn，Forward，Lock，Forward
1－2 Rock forward on Right．Recover onto Left
3－4 Half turn Right stepping forward on Right foot．Hold（3：00）
5－8 Step forward on Left．Lock Right up behind Left．Step forward on Left．Hold
S8：Right Vaudeville，Left Cross Shuffle
1－2 Cross Right over Left．Step Left to Left side．
3－4 Tap Right heel diagonally forward Right．Step Right back in place
5－8 Cross Left over Right，Step Right to Right Side，Cross Left over Right．Hold
Start over
TAG：at end of Wall 1 （3：00），Wall 3 （9：00）and Wall 6 （12：00） Rocking Chair
1－4
Rock forward on Right Recover onto Left．Rock back on Right．Recover onto Left
End of Dance：The main vocals finish at the end of wall 9 （facing 9 o＇clock）．Change the final＂cross shuffle＂to turn slightly right towards 12 o＇clock for a neat finish！The track itself continues with＂La，La La La，La＂ （repeated）so just fade this out at approx 3 min 22 secs ．

