

Grow Old With You

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Joshua Talbot (AUS) - September 2018
音乐: I Wanna Grow Old with You - Westlife : (Album: World Of Our Own - European first reissue release)



Intro: 16 Counts, on Lyrics

S1: BACK, BEHIND, ¼, SPIRAL, FWD, ¼, ROCK BACK, RECOVER, ¼ LOCK BACK

12& Step R back, sweep L step behind R, ¼ R step fwd R 3.00
3 Step L fwd making full turn over R should on ball of L slightly hooking R up 3.00
4&5 Step R fwd, ¼ R step L to L, rock R behind L 6.00
6& Recover weight L, ¼ L step R together 3.00
7&8& Step L back, lock R over L, step L back, step R together
(Counts 7&8 are travelling at a slight L diagonal back)

S2: CROSS ROCK, RECOVER, WEAVE L, CROSS ROCK, RECOVER, WEAVE R, 1/4

12& Cross rock L over R, recover weight R, step L to L
3&4& Cross R over L, step L to L, step R behind L, step L to L
56& Cross rock R over L, recover weight L, step R to R
7&8& Cross L over R, step R to R, step L behind R, ¼ R step R fwd 6.00

Turning Option: Replace the weave L & R with a double full turn.

S3: ½ PIVOT, ¼, ROCK, RECOVER, SIDE, SWEEP, SAILOR ROCK, ¾ TRIPLE

1 2 Step L fwd, ½ R taking weight R - 12.00
&3 4& ¼ R step L to L, rock R behind L, recover weight L, step R to R 3.00
5 6&7 Step L behind R, sweep R around to step behind L, step L to L, large step/rock R to R
8& ¼ L step L fwd, ½ L step R back 6.00

S4: ROCK, RECOVER, FULL FWD, COASTER, BACK DRAG, CROSS, ¼ SIDE

1 2&3 Rock L back, recover weight R, ½ R step L back, ½ R step R fwd 6.00
4&56 Step L back, step R together, step L fwd, step R back slowly dragging L
7&8 * Cross L over R, step R back, ¼ L step/rock L to L* 3.00

Replace the full turn with a shuffle for an easier option.

S5: FULL TURN R, ¾ TURN L, ¼, BACK, TOGETHER, 1/4 PIVOT

1&2 ¼ R step R fwd, ½ R step L back, ¼ R step/rock R to R 3.00
3&4 ¼ L step L fwd, ½ L step R back, rock L back 6.00
5&6& Recover weight R, ¼ R step L together, step R back, step L together 9.00
7 8 Step R fwd, ¼ L taking weight L 6.00

Replace the full turn with a side shuffle for an easier option

S6: FULL TURN R, ¾ TURN L, ¼, BACK, TOGETHER, FWD, FWD, ½

1&2 ¼ R step R fwd, ½ R step L back, ¼ R step/rock R to R 6.00
3&4 ¼ L step L fwd, ½ L step R back, rock L back 9.00
5&6& Recover weight R, ¼ R step L together, step R back, step L together 12.00
7 8& Walk fwd R, walk fwd L, ½ L on ball of L ready to step back on count 1 6.00

Replace the full turn with a side shuffle for an easier option

[48] counts

Restart * Wall 2: Dance to count 32, then ¼ R Walk fwd R, walk fwd L, ½ L on ball of L ready to step back on count 1

Tag: End of wall 5 before you make the $\frac{1}{2}$ turn, HOLD for 4 counts, then $\frac{1}{2}$ turn L to start.

Finish: Dance to count 8&, then cross L over R $\frac{3}{4}$ unwind taking weight L, step R to R dragging L together.

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