

Old Records

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Elaine Cook (CAN), Rob Fowler (ES) & I.C.E. (ES) - June 2021
音乐: Old Time Rock & Roll - Bob Seger & The Silver Bullet Band : (CD: The Original Masters Greatest Hits)



Intro: Piano riff, then lyrics "Just take those old records off the shelf" - Start on the word "off" (approx. 7 secs)

S1 [1-8] Hustle Walks Forward, Kick, Hustle Walks Back, Touch

1-4 Step R forward, Step L forward, Step R forward, Small kick L

5-8 Step L back, Step R back, Step L back, Touch R beside L

S2 [9-16] Step Touches Forward & Back Twice (with optional styling)

1-4 Step R forward, Touch L beside R, Step L back, Touch R beside L

5-8 Step R forward, Touch L beside R, Step L back, Touch R beside L

For optional styling: when stepping forward, bend down & clap with the touch, when stepping back, stand up & click fingers with the touch.

Another option is to shimmy when bending down and up. Have fun with it.

S3 [17-24] Basic R ¼ Right, Touch, Basic L, Hold

1-4 Step R side, Step L beside R, Step R ¼ right, Touch L beside R- 3:00

5-8 Step L side, Step R beside L, Step L side, Hold (leaving feet shoulder-width apart)

S4 [25-32] Elvis Knees: R Knee in, Hold, L Knee in, Hold, Knees in R,L,R, Hold

1-4 R Knee in, Hold, L Knee in, Hold

5-8 R Knee in, L Knee in, R Knee in, Hold

Start Over - (No tags or restarts)

Last Update - 13 Sept. 2021
