

# The Older I Get

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: John Thomas (UK) - April 2025  
音乐: The older I get (reggae mix) - Alan Jackson



**Intro: Start On reggae beat**

## **SEC 1. LINDY R, LINDY L**

1&3      Step R out(1) Step L next to R(&) step R out (2)  
3,4      Cross L behind R and rock backward (3) Rock onto L (4 )  
5&6      Step L out (5) Step R next to L(7)Step L out (6)  
7 8      Cross R behind R (7) and rock backward Rock onto L (8)

## **SEC 2 Vine R, Vine L ¼ turn L**

1-4      Step R (1) cross L behind step R (2) step R(3) step L next to R(4)  
5-8      Step L(5) cross R behind L (6) Step L ¼ turn L(7) scuff R

## **SEC 3 R ROCKING CHAIR. V STEPS**

1-4      Rock forward on R(1) rock back on L(2) rock back on r (3) step forward on L (4)  
5-8      Step out and forward on R (5) step out and forward on L (6) Step back to center R (7) step back on L to centre (8)

## **SEC 4 R ROCKING CHAIR R JAZZ BOX**

1-4      Rock forward on R (1) rock back on L (2)rock back on R (3)step forward on L (4)  
5-8      Cross R over L (5) step back on L (6) step to the R (7) step L next R (8)

**START OVER**

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