

The Older I Get (The Better I Used To Be)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Harlan Curtis (USA) - February 2016
音乐: The Older I Get - Kevin Morgan : (Album: Kevin Morgan and Friends - BMZ Records - iTunes)



Start dancing on the lyrics

RIGHT FAN, LEFT FAN, 2X SWIVEL RIGHT, 2X SWIVEL LEFT

- 1-2 Fan right toes out to right, return to center
- 3-4 Fan left toes out to left, return to center
- 5-6 Swivel both feet right, heels, toes (bend both knees while swiveling toes)
- 7-8 Swivel both feet left, toes, heels (recover to upright position while swiveling toes)

4 X SWIVEL RIGHT, 4X SWIVEL LEFT

- 1-4 Swivel both feet - heels, toes, heels, toes to the right
(bend both knees at end of travel)
- 5-8 Swivel both feet - toes, heels, toes, heels to the left
(recover to upright position starting back)

ROCKING CHAIR FORWARD, LEFT TURN, STOMP RIGHT, STOMP LEFT

- 1-2 Rock forward on right, rock back onto left
- 3-4 Rock back on right, rock forward onto left
- 5-6 Step forward on right, turn 1/4 left (weight on left) [9:00]
- 7-8 Stomp right and clap, stomp left and clap

TOUCH HEEL FORWARD, TOUCH TOE BACK, RIGHT 1/2 MONTEREY TURN

- 1-2 Touch right heel forward, hold
- 3-4 Touch right toe back, hold
- 5-6 Touch right to side, on ball of left make 1/2 turn right [3:00]
- 7-8 Touch left to side, step left next to right

REPEAT

Tag : At the end of wall 4 (facing 12:00) add this easy 8 count tag.

RIGHT 1/4 MONTEREY TURN, TOES OUT, HEELS OUT, HEELS IN, TOES IN

- 1-2 Touch right to side, on ball of left make 1/4 turn right [3:00]
- 3-4 Touch left to side, step left next to right
- 5-6 Fan right and left toes out to each side, fan right and left heels out to each side
- 7-8 Fan right and left heels in, fan right and left toes in (ending with feet together)

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