Old School Moves

拍數: 32   牆數: 4   級數:

編舞者: Jason Reome (USA) - January 2024

音樂: Old School - David Adam Byrnes

Dance begins after 16 counts, on lyrics
**2 tags at end of walls 1&3,
Restart after 16 counts on wall 5

(1-8) Shuffle Forward, Mambo ¼ Turn, Cross & Point, Cross Back & Point, Sailor ¼ Turn

1&2	Step RF foot forward, step LF together to RF, step RF forward
3&4	Rock LF forward, recover weight back onto RF, step LF to L side while making ¼ turn L
5&6&	Cross RF over LF, point LF toe to L side, cross LF behind RF, point RF toe to R side
7&8	Cross rock RF behind LF, recover weight onto LF making ¼ turn R, step RF forward

(9-16) Chase ¼ Turn With Cross, ¼ Turn x2, Cross, Full Turn Walk Around

1&2	Step LF forward, Pivot ¼ Turn R onto RF, Cross LF Over RF
3&4	Step back onto RF making ¼ turn L, Step LF to L side making ¼ turn L, Cross RF over LF
5, 6	¼ turn L stepping LF forward, ¼ turn L stepping RF forward
7, 8	¼ turn L stepping LF forward, ¼ turn L stepping RF forward

Restart here wall 5

(17-24) Shuffle Backward, Touch Behind, ½ Unwind, Coaster Step, Heel Grind ¼ Turn

1&2	Step LF backwards, step RF together to LF, step LF backwards
3, 4	Touch RF toe behind LF, unwind ½ turn over R shoulder onto RF
5&6	Step LF backwards, step RF together to LF, step LF forward
7, 8	Stomp RF down, grind RF heel into ground making ¼ turn right weight back onto LF

(25-32) Toe switches x3, Hitch ¼ Turn, Cross, Back, Out, Cross, Back, Touch

1&2&	Touch RF toe to R side, step RF together to LF, Touch LF toe to L side, step LF together to RF
3&4	Touch RF toe to R side, hitch R knee up, step RF to R side making ¼ turn R
5&6	Cross LF over RF, step RF backwards, step LF to L side
7&8	Cross RF over LF, step LF to L side, touch RF toe together to LF

TAG at end of walls 1, 3

(1-8) Modified Jazz Box, Jazz Box Hitch

1, 2	Step RF to R side, cross LF over RF
3, 4	Step RF backwards, step LF to L side
5, 6	Cross RF over LF, step LF backwards
7, 8	Step RF to R side, Step LF together to RF while hitching R knee up