

The Older I Get

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: John Thomas (UK) - April 2025
音樂: 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
