

Old Flame (P)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 0
編舞者: Hazel Pace (UK)
音樂: Old Flame - Alabama

級數: Partner



Position: Ballroom Hold. Man Facing OLOD, Lady ILOD. Mirror image steps throughout dance. Lady's steps given

SIDE SHUFFLE, ROCK, RECOVER, RIGHT & LEFT SHUFFLES ½ TURN TO THE RIGHT

When doing rock steps slightly open up, but stay in ballroom

- 1&2 Step left to left side, step right beside left, step left to left side
- 3-4 Rock back on right, recover on left
- 5&6 Right shuffle on right, left, right, moving toward LOD making ¼ turn to the right
- 7&8 Left shuffle on left, right, left, moving toward LOD making ¼ turn to the right

Lady is now facing OLOD, man ILOD

ROCK, RECOVER, RIGHT & LEFT SHUFFLES ½ TURN TO THE LEFT, ROCK, RECOVER

- 1-2 Rock back on right, recover on left
- 3&4 Right shuffle on right, left, right, moving slightly towards RLOD making ¼ turn to the right
- 5&6 Left shuffle on left, right, left, moving slightly towards RLOD making ¼ turn to the right
- 7-8 Rock back on right, recover on left

RIGHT SHUFFLE ¼ TURN RIGHT, STEP, KICK, RIGHT SHUFFLE, STEP, KICK

As you make ¼ turn to face LOD drop lady's right hand, man's left, leave other hands behind back

- 1&2 Make a ¼ turn right as you right shuffle on right, left, right toward LOD
- 3-4 Step forward on left, kick right foot across left to touch your partners left foot
- 5&6 Right shuffle forward on right, left, right
- 7-8 Step forward on left, kick right foot across left foot to touch your partners left foot

As you kick with your partner clap outside hands at the same time

SIDE SHUFFLE ¼ TURN LEFT, COASTER STEP, SIDE SHUFFLE ¼ TURN RIGHT, STEP ¾ PIVOT RIGHT

As you go into counts 1&2 you will be holding inside hands, as you dance coaster step go into double hand hold & counts 7-8 no hands

- 1&2 Right shuffle to right on right, left, right, turning ¼ turn left to face partner
- 3&4 Step back on left, step right beside left, step forward on left
- 5&6 Step right to right side, step left beside right, step right ¼ turn right to face LOD
- 7-8 Step forward on left, make ¾ pivot turn right to face partner

REPEAT