

Words of Wisdom

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Joanie Lobb (Oct 07)

Music: Grandma Used To Say by Karen Lynne (Album: Labour Of Love)

Step, lock , step, hold , step, lock, step, hold

1,2,3,4 Step fwd on left, lock right behind, step left fwd, hold,

5,6,7,8 step right fwd, lock left behind, step right fwd, hold,

Rock fwd, back , back, lock back, back lock back

1,2,3,4 Rock fwd on left, back on right, back on left, lock back right over left,

5,6,7,8 Step back on left, back on right, lock back left over right, back on right.

Turn ½ fwd lock, step hold, step lock, step hold Turning 180° left

1,2,3,4 Step fwd on left, lock right behind, step left fwd, hold,

5,6,7,8 Step right fwd, lock left behind, step right fwd, hold,

Rock fwd, back, back, lock back, back lock, back

1,2,3,4 Rock fwd on left, back on right, back on left, lock back right over left,

5,6,7,8 Step back on left, back on right, lock back left over right, back on right.

Toe behind ½ turn, toe fwd ½ turn, toe behind ½ turn, rock fwd, back

1,2 Put left toe behind, heel down as turn 180° left, (weight is on left)

3,4 Right toe fwd, heel down as turn 180° left, (weight is on the right)

5,6 Put left toe behind, heel down as turn 180° left, (weight is on left)

7,8 Rock fwd on right, back on left

Toe behind ½ turn, toe fwd ½ turn, toe behind ½ turn, rock fwd, back

1,2 Put right toe behind, heel down as you turn 180° right (weight is on right)

3,4 Left toe fwd, heel down as you turn 180° right (weight is on left)

5,6 Put right toe behind, heel down as turn 180° right (weight is on right)

7,8 Rock fwd on left, back on right

Together twist, 45°, cross, turn, side, rock

1,2,3,4 Bring left back together, twist heels right, centre, right heel to 45°

5,6 Step right over left, step back on left turning $\frac{1}{4}$ right ,

7,8 Step right to right side, rock onto left.

Toe struts, right, left, right, touch left to right, hold

1-6 Toe struts, right, left, right,

7,8 Touch left toe together, hold

Repeat the dance in new direction

Restarts: Restarts could have been included, but as the beat is even, I thought the dance could be done straight through.