

# EZ Riversdal VLV

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**Count:** 32                      **Wall:** 4                      **Level:** Absolute Beginner

**Choreographer:** Heidi Cronjé (South Africa) July 2019

**Music:** Old Time Rock & Roll by Bob Seger (03:10)

**Intro: After 6 seconds (Start on the word old, i.e. Just take those old records)**

## **SECTION 1: K-STEP (WITHOUT CLAPS)**

**1-2**            Step R diagonal fwd, Touch L next to R

**3-4**            Step L diagonal back, Touch R next to L

**5-6**            Step R diagonal back, Touch L next to R

**7-8**            Step L diagonal fwd, Touch R next to L

## **SECTION 2: SIDE, TOGETHER, SIDE, TOUCH X2 (R THEN L)**

**1-4**            Step R side, Step L together, Step R side, Touch L next to R

**5-8**            Step L side, Step R together, Step L side, Touch R next to L

## **SECTION 3: WALK FWD X 3, TOUCH, WALK BACK X 3, TOUCH**

**1-4**            Walk fwd R, L, R, Touch L next to R

**5-8**            Walk back L, R, L, Touch R next to L

## **SECTION 4: SIDE, TOUCH, SIDE, TOUCH, 1/4 L, SIDE, TOUCH, SIDE, TOUCH**

**1-4**            Step R to side, Touch L next to R, Step L to side, Touch R next to left

**5-8**            Turn 1/4 L and step R side, Touch L next to R, Step L to side, Touch R next to L

**Start Again. Have fun and Enjoy!**

**Contact - email: [linedanceriversdal@gmail.com](mailto:linedanceriversdal@gmail.com)**

**This dance is dedicated to the Riversdal Vroue Landbou Vereniging (VLV), Western Cape, South Africa.**

**The ladies from the Agri-cultural Committee of Riversdal requested that the Rhythmic Thunder Line Dancers perform a show and teach them a dance at one of their quarterly meetings that was held on 13 August 2019. As many of the ladies are senior citizens, I decided to rather choreograph a very basic dance and searched for a song with a slow beat to go with the dance.**

**Thank you to my dancers Esme Beech, Riekie Coetzer, Barbara Erasmus, Heather Goodall, Jeanine Joubert, Caroline Nel and Ilze Venter for joining me in the show and helping with the teaching of the dance.**

**Thank you to Minine Kleynhans and Elzette Nelson for being our DJ's, photographers and camera women all in one.**