

# BUILT FOR OLD AGE

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate nightclub

**Choreographer:** Moses Bourassa Jr. & Barbara Frechette

**Music:** Old Age Remix by Glenn Rogers

## SLIDE STEPS, ROCK STEPS, ¼ TURN STEP

- 1-2&** Slide left to left side, rock right back behind left, recover on left
- 3-4&** Slide right to right side, rock left behind right, recover on right
- 5-6&** Step left making ¼ turn to the left, step right to right side, rock left behind right
- 7-8&** Slide left to left side, rock right back behind left, recover on left

## TOE TOUCHES, FULL TURN TO THE RIGHT, FULL TURN TO THE LEFT

- 1-2** Touch right over left, touch right to right side
- 3&** Step right making ¼ turn to the right, step left back making ½ turn to the right
- 4-5** Step right making ¼ turn to the right, touch left over right
- 6-7** Touch left to left side, step left making ¼ turn to the left
- &8** Step right back making ½ turn to the left, step left making ¼ turn to the left

## STEP-LOCK-STEP, ½ TURN TO THE LEFT, CROSS TOUCH, SLIDE STEPS, ROCK STEPS, RECOVERS

- 1-2&** Step forward on right, lock left behind right, step forward on right
- 3-4&** Step left making ¼ turn to the left, step right back making ¼ turn to the left, touch left over right
- 5-6&** Slide left to left side, rock right back behind left, recover on left
- 7-8&** Slide right to right side, rock left behind right, recover on right

**Restart at wall 3 which is facing 6:00 wall**

## STEP-LOCK-STEP, ½ TURN TO THE RIGHT, CROSS TOUCH, SLIDE STEPS, ROCK STEPS, RECOVERS, TOUCH

- 1-2&** Step forward on left, lock right behind left, step forward on left
- 3-4&** Step right making ¼ turn to the right, step left back making ¼ turn to the right, touch right over right

**5-6&** Slide right to right side, rock left back behind right, recover on right

**7-8&** Slide left to left side, step right next to left, touch left next to right

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=61266](https://www.linedance.com/index.php?f=dance_view&id=61266)