

# OLD FASHIONED GIRL

LINEDANCE.COM

**Count:** —                      **Wall:** 1                      **Level:** intermediate

**Choreographer:** Trinity Chan

**Music:** All Woman Girl by Victoria Boland

**Sequence:** Intro, AB, ABC, BAC, B (1-16), B (1-16), Ending

## INTRO

**Start after the 1st eight counts of music**

**1-8**              Roll left knee in, roll right knee in, repeat 4 times

**9-16**            Bounce left heel 4 times, bounce right heel 4 times

## PART A

**LEFT AND RIGHT STEP/SLIDE COMBINATION**

**1-2**              Step forward with left foot, slide right foot to heel of left foot

**3-4**              Step forward with left foot, touch right toe to left heel

**5-6**              Step forward with right foot, slide left foot to heel of right foot

**7-8**              Step forward with right foot, touch left toe to right heel

## ROCK STEPS, ½ TURN TRIPLE

**1-2**              Rock forward on left, rock back onto right

**3&4**              Triple step ½ turn left stepping left, right, left

**5-6**              Rock forward on right, rock back onto left

**7&8**              Triple step ½ turn right stepping right, left, right

## DIAGONAL STEPS FORWARD AND BACK

**1-2**              Step left diagonally left, touch right beside left, (simulate imaginary phone to ear)

**3-4**              Step right diagonally back, touch left beside right

**5-6**              Step left diagonally back, touch right beside left

**7-8**              Step right diagonally forward, touch left beside right

## STEP TURNS WITH TOUCHES AND CLICKS OF FINGERS

**1-2**              Step ¼ turn left with left foot, touch right to left and click fingers at eye level

- 3-4 Step back  $\frac{1}{4}$  turn left with right foot, touch left next to right and click fingers at eye level
- 5-6 Step  $\frac{1}{4}$  turn left with left foot, touch right to left and click fingers at eye level
- 7-8 Step back  $\frac{1}{4}$  turn left with right foot, touch left next to right and click fingers at eye level

## **PART B**

### **STEP SIDE HOLD, CROSS HOLD**

- 1-2 Step left to left side as you look to left side, hold
- 3-4 Cross right over left as you look forward, hold
- 5-6 Step left to left side as you look to left side, hold
- 7-8 Cross right over left as you look forward, hold

**Arm movements: left elbow bent with left hand holding waist, right palm holding back of head on right side**

### **ROCK, RECOVER, CROSS, HOLD, STEP SIDE, HOLD**

- 1-2 Rock to left side, recover on the right
- 3-4 Cross left over right as you look forward, hold
- 5-6 Step right to right side as you look to the right side, hold
- 7-8 Cross left over right as you look forward, hold

### **STRUT BACK, STRUT $\frac{1}{2}$ TURN LEFT, QUICK SHUFFLE FORWARD, STEP AND PIVOT $\frac{1}{2}$ TURN RIGHT**

- 1-2 Point to yourself as you step back on ball of right, step down on right
- 3-4 Step back on ball of left, make a  $\frac{1}{2}$  turn left on ball of left keeping weight on left
- 5-6 Quick shuffle forward right, left, right
- 7-8 Step forward left, pivot  $\frac{1}{2}$  turn right

## **PART C**

### **DIAGONAL LOCK STEPS LEFT ENDING WITH A SCUFF, DIAGONAL LOCK STEPS RIGHT ENDING WITH A SCUFF**

- 1-2 Step diagonally forward on left, lock right behind left
- 3-4 Step diagonally forward on left, scuff right forward
- 5-6 Step diagonally forward on right, lock left behind right

7-8 Step diagonally forward on right, scuff left forward

### **ROCK STEPS, ½ TURN TRIPLE**

1-2 Rock forward on left, rock back onto right

3&4 Triple step ½ turn left, stepping left, right, left

5-6 Rock forward on right, rock back onto left

7&8 Triple step ½ turn right, stepping right, left, right

### **SWEEP STEPS, HOLD**

1-2 Sweep left behind right, rotating body ¼ turn left, weight on left, hold

3-4 Sweep right behind left, rotating body ½ turn right, weight on right, hold

5-6 Sweep left behind right, rotating body ¼ turn left, weight on left, hold

7-8 Sweep right behind left, rotating body ½ turn right, weight on right, hold,

**You are now facing 6:00**

### **DROP DOWN AND UP, MONTEREY TURNS, DROP DOWN AND UP**

1-2 Drop down and up not moving feet but by bending knees

3-4 Touch right toe out to right and pivot ½ turn right on ball of left foot and step right next to left

5-6 Touch left toe to left, step left next to right

7-8 Drop down and up not moving feet but by bending knees, (you are now facing 12:00)

### **RIGHT SIDE STRUT WITH ¼ TURN RIGHT, CROSS STRUT**

1-2 Step right toe to ¼ turn right, drop right heel

3-4 Cross left toe over right, drop left heel

5-6 Step right toe to ¼ turn right, drop right heel

7-8 Cross left toe over right, drop left heel

### **STRUT BACK, STRUT ½ TURN LEFT, SWING HIPS RIGHT AND LEFT, HOLD, HOLD**

1-2 Step back on ball of right, step down on right

3-4 Step back on ball of left, make ½ turn left on ball of left keeping weight on left

5-6 Sway hips to the right, sway hips to the left

7-8 Hold for 2 counts, meanwhile hands making action of opening a door and showing the "out" sign

### **ENDING**

#### **STRUT BACK, STRUT ½ TURN LEFT, QUICK SHUFFLE FORWARD, STEP AND PIVOT ½ TURN RIGHT, HOLD**

1-2 Step back on ball of right, step down on right

3-4 Step back on ball of left, make a ½ turn left on ball of left keeping weight on left, (point finger to yourself)

5-6 Quick shuffle forward, right, left, right

7-8 Step forward left, pivot ½ turn right

9-12 Hold for 4 counts

### **STEP, HOLD, CROSS, HOLD**

1-2 Step left to left side as you look over your left shoulder, hold

3-4 Cross right over left as you look forward, hold

5-6 Step left to left side as you look over your left shoulder, hold

7-8 Cross right over left as you look forward, hold

#### **Arm movements: elbows bent at the sides with palms up, Bat your eyelids this time around**

### **ROCK, RECOVER, CROSS, HOLD, STEP SIDE, HOLD**

1-2 Rock to left side, recover on the right

3-4 Cross left over right as you look forward, hold

5-6 Step right to right side as you look over your right shoulder, hold

7-8 Cross left over right as you look forward, hold

### **DIAGONAL CROSS STEPS, HOLD, REPEAT 4 TIMES**

1-2 Cross right foot diagonally over left, hold

3-4 Cross left foot diagonally over right, hold

5-6 Cross right foot diagonally over left, hold

7-8 Cross left foot diagonally over right, hold

### **FULL TURN TO THE RIGHT IN 4 COUNTS**

**1-4** Full turn to the right in 4 counts ending with knees bent for a "Chicago" movie style pose or any pose that you feel comfortable with

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=33129](https://www.linedance.com/index.php?f=dance_view&id=33129)