

# OUR OLD AGE

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**Count:** 32                      **Wall:** —                      **Level:** —

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

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

**Position:** Sweetheart Position. Identical footwork unless otherwise noted. Man is slightly behind lady

## SLIDE STEPS, ROCK STEPS, RECOVER STEPS

**These steps are done in progression diagonally forward**

- 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&            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

## STEP-LOCK-STEPS, ½ TURN TO THE RIGHT BASIC, ½ TURN TO THE LEFT BASIC

- 1-2&            Step forward on left, lock right behind left, step forward on left

**Couple will disconnect left hands as right hands go over lady's head in making this move**

- 3-4              Step right making ¼ turn to the left, step left back making ¼ turn to the left & touch right over left

**Couple will reconnect hands after movement**

- 4-5&            Step forward on right, lock left behind right, step forward on right

**Couple will disconnect right hands as left hands go over lady's head**

- 6-7              Step right making ¼ turn to the right, step left back making ¼ turn to the right
- &8                Touch left over right, hold

**Couple will reconnect hands afterwards**

## STEP- LOCK-STEPS

**These steps are done in a forward progression**

- 1-2&            Step forward on right, lock left behind right, step forward on right

**3-4&** Step forward on right, lock left behind right, step forward on 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

**STEP-LOCK-STEP, STEP- $\frac{1}{2}$  TURN TO THE LEFT-STEP, STEP- $\frac{1}{2}$  TURN TO THE RIGHT-STEP, STEP-ROCK-RECOVER**

**1-2&** Step forward on left, lock right behind left, step forward on left

**Couple will disconnect right hands as left hands go over lady's head**

**3-4&** Step forward on right, step left making  $\frac{1}{2}$  turn to the left, step forward on right

**Couple will reconnect hands after movement. Couple will disconnect right hands as left hands go over lady's head**

**5-6&** Step forward on left side, step right making  $\frac{1}{2}$  turn to the right, step forward on left

**Couple will connect hands afterwards**

**7-8&** Slide right to right side, rock left behind right, recover with right

**REPEAT**