

Memories Stroll

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Count: 42

Wall: 4

Level: High Beginner

Choreographer: Bubba Carl Williams & Joy Hicks Williams - July 2016

Music: Been Around A Long Time - Delbert McClinton

Intro: 24 beats, start with vocals

S1: Stroll Right Foot

- 1-4** Cross right foot over left, tap toe, bring right foot back tap, cross right foot over left, tap, bring right foot back replace weight.
- 5-6** Bring left foot behind right, bring right foot back to left with weight

S2: Stroll Left Foot

- 1-4** Cross left foot over right, tap toe, bring left foot back tap, cross left foot over right, tap, bring left foot back replace weight.
- 5-6** Bring right foot behind left, bring left foot back to right with weight

S3: Twist About

- 1-2** Shag Front Prep Step right foot over left point left foot out (point toe of left foot out)
- 3&4** Cross left behind right, step right, cross left front across right
- 5-6** Cross right foot over left (balls of your feet) twist or rotate body 180° ½ wall turn. Place weight on left foot

S4: Cha Cha, Rock Replace

- 1&2** Right foot cha cha cha forward (shuffle, shuffle)
- 3&4** Left foot cha cha cha forward (shuffle, shuffle)
- 5-6** Rock forward on right foot, recover weight back on to left foot

S5: Cha Cha, Rock Replace

- 1&2** Right foot cha cha cha back (shuffle, shuffle)
- 3&4** Left foot cha cha cha back (shuffle, shuffle)
- 5-6** Rock backward on right foot; recover weight back on to left foot

S6: Front Prep, Syncopated Jazz Box

- 1-2** Shag Front Prep Step right foot over left point left foot out (point toe of left foot out)

3&4 Cross left behind right; step right, cross left front across right

5-6 Cross right foot over left doing a step turn $\frac{1}{4}$ left. Place weight on left foot

S7: Stroll Walk (Forward)

1-2 Step forward on right foot with weight, step left behind right (lock step)

3-4 Step forward on right foot with weight, step forward on left foot with weight

5-6 Step right foot behind left (lock step), step forward on left with weight

Repeat to end