

Forty-Years-Young**BEGINNER**

32 Count 1 Walls

Choreographed by: Barb Abrey, Bob Crew, Dan Morrison, Deb Crew, Gail Callicott, Jackie Crew, Laurie Glenn, Steve Morrison & Terry Conron
Choreographed to: Woolly Bully by Sam The Sham**THE SWIM: YOU MUST SHIMMY THROUGHOUT THE WHOLE SWIM AND SINK SEQUENCES.**

Swim Right arm swims forward for 2 beats...left arm swims forward for 2 beats (4 beats)
Swim Right arm swims forward for 2 beats...left arm swims forward for 2 beats (4 beats)
Sink Plug your nose and bend your knees...unplug your nose and stand straight (2 beats)
Sink Plug your nose and bend your knees...unplug your nose and stand straight (2 beats)

/Repeat the Swim and Sink movements three (3) more times (for a total of 48 beats) until the lyrics begin.

THE DANCE**THE SMIGEON PIGEON**

1 - 4 Two pigeon toes (swivel heels apart, together; swivel heels apart, together)

THE STEVE WALK

5 - 6 Step forward right, step left beside right (legs are slightly apart)

7 - 8 Two pelvic thrusts forward (grunt with each pelvic thrust)

WAX ON, WAX OFF

9 - 10 Circle right foot in a 1/2 circle moving to the right, step on right foot

11 - 12 Circle left foot in a 1/2 circle moving to the left, step on left foot

DEB'S FUNKY CHICKEN

13 - 16 Walk forward right, left, right, left (knees come together then apart on each step forward)

POLKA DAN SHUFFLES

17 - 20 Two 3-step shuffles backwards: (right-left-right, left-right-left)

THE TERRY TWISTER

21 Right toe swivels to the right (right hand moves to the right)

22 Right heels swivels to the right (right elbow moves to the right)

23 Left toe swivels to the left (left hand moves to the left)

24 Left heels swivels to the left (left elbow moves to the left) (legs should now be apart)

THE MONKEY (ARMS ARE FULLY EXTENDED, SHOULD-HEIGHT, IN FRONT OF YOU)

25 - 26 Lower right arm, raise left arm; lower left arm, raise right arm

27 - 28 Lower right arm, raise left arm; lower left arm, raise right arm

JACKIE'S JAZZ

29 - 32 Step right over left, step back left, step 1/4 turn right, step left together

REPEAT