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Old And New

64 count, 4 wall, beginner/intermediate level

Choreographer: Cath Robb (England)

May 2002

Choreographed to: Old Country New Country by
Bellamy Brothers, Lonely Planet (136 bpm);
Shine On Ruby Mountain by Kenny Rogers
(126 bpm)

TOE STRUTS AND GRAPEVINES

- 1 to 4 Tap Right Toe Right Heel Down Tap Left Toe Left Heel Down
5 to 8 Tap Right Toe Right Heel Down Tap Left Toe Left Heel Down
9 to 12 Step Right To Right Side, Cross Left Behind Right
Step Right To Right Side Touch Left Beside Right
13 to 16 Step Left To Left Side Cross Right Behind Left
Step Left To Left Side Touch Right Beside Left

KNEE SLAPS AND ANKLE SLAPS

- 17 to 24 Rock Back On Right Hitching Left Knee Slap with Right Hand
Step Down On Left Lifting Right Ankle Behind Left Knee And Slap With Left Hand
Make 1/4 Turn Left Whilst Stepping Down On Right Hitch Left Knee Slap With Right Hand
Step Down On Left Lifting Right Ankle Behind Left Knee And Slap With Left Hand

GRAPEVINES AND TOE POINTS

- 25 to 28 Step Right To Right Side, Cross Left Behind Right
Step Right To Right Side Touch Left Beside Right
29 to 32 Step Left To Left Side, Cross Right Behind Left Step Left To Left Side Touch Right Beside Left
33 to 36 Point Right Toe To Right Side And Replace (Point Both Arms To Right Side)
Point Right Toe To Right Side Step Right Beside Left (Point Both Arms To Right Side)
37 to 40 Point Left Toe To Left Side And Replace (Point Both Arms To Left Side)
Point Left Toe To Left Side Step Left Beside Right (Point Both Arms To Left Side)

PADDLES AND HEEL BOUNCES

- 41 to 48 Step Forward Right Paddle 1/8 Turn Left Step Forward Right Paddle 1/8 Turn Left
Step Forward Right Paddle 1/8 Turn Left Step Forward Right Paddle 1/8 Turn Left
49 to 52 Stomp Down Right Foot Heel Bounce Left Foot Three Times (Body Facing Diagonally Left)
53 to 56 Stomp Down Left Foot Heel Bounce Right Foot Three Times (Body Facing Diagonally Right)

SIDE SHUFFLES ROCK BACK

- 57 & 58 Step Right To Right Side Close Left Beside Right Step Right To Right Side
59 to 60 Rock Back On Left Step Forward On Right
61 & 62 Step Left To Left Side Close Right Beside Left Step Left To Left Side
63 to 64 Rock Back On Right Step Forward On Left

REPEAT

Optional Ending Dance Steps 17 to 24 Excluding 1/4 Turn

Then Step Forward Right With Arms Outstretched

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