

## Older Ladies

Phrased, 48 Count, 4 Wall, Intermediate

Choreographer: Monica Phillips and Chris Jackson (UK)

Sept 2014

Choreographed to: Older Ladies by Donnalou Stevens

22-count intro, start on vocals

Sequence: A, B, Tag 1, A, B, Tag 2, C, Tag 3, Sections 1&2 of A, A, B, Tag 2, C, C – Ending!

### PART A

#### 1 **ROCK, HOOK, SHUFFLE RIGHT, ROCK, HOOK, SHUFFLE TURN LEFT**

1,2 Rock forward right on right diagonal, recover and hook right across left,

3&4 Step forward right on right diagonal, left next to right, step forward right

5,6 Rock forward left on left diagonal, recover and hook left across right,

7&8 Step forward left on left diagonal, right next to left, step forward left

(completing an eighth shuffle turn to your left) (9.00)

#### 2 **COUNTRY WALK AROUND, CROSS ROCK RECOVER, CHASSE 1/4, PIVOT 1/4, CROSS SHUFFLE**

1,2,3,4 Step forward right making 1/4 turn left, step forward left making 1/4 turn left  
(Steps 1-2 Swing right arm forward/left arm back, swing left arm forward/right arm back  
– like an exaggerated marathon runner!), cross right over left, recover on left (3.00)

5&6 Right to right side, left next to right, right to right side making 1/4 turn to right,

7,8 Step forward left, pivot 1/4 turn to right

9&10 Cross left over right, right to right side, cross left over right (9.00)

#### 3 **ROCK, HOOK, SHUFFLE RIGHT, ROCK, HOOK, SHUFFLE TURN LEFT**

1,2 Rock forward right on right diagonal, recover and hook right across left

3&4 Step forward right on right diagonal, left next to right, step forward right

5,6 Rock forward left on left diagonal, recover and hook left across right

7&8 Step forward left on left diagonal, right next to left, step forward left

(completing an eighth shuffle turn to your left) (6.00)

#### 4 **COUNTRY WALK AROUND, CROSS ROCK RECOVER, CHASSE 1/4, PIVOT 1/4, STEP, HITCH**

1,2,3,4 Step forward right making 1/4 turn left, step forward left making 1/4 turn left  
(Steps 1-2 Swing right arm forward/left arm back, swing left arm forward/right arm back  
– like an exaggerated marathon runner!), cross right over left, recover on left (12.00)

5&6 Right to right side, left next to right, right to right side making 1/4 turn to right

7,8 Step forward left, pivot 1/4 turn to your right

9,10 Step forward left, hitch right knee (6.0)

### PART B

#### 1 **STEP, SHUFFLE LEFT, OUT-OUT, BACK HIP ROLL, BACK HIP ROLL**

1,2& Step forward right, step forward left, right next to left,

3&4 Step forward left, step right forward and out to right side, step left to left side

5,6,7,8 Step back right, roll the hips, step back left, roll the hips

#### 2 **BACK, BACK, COASTER STEP, STOMP LEFT FORWARD, HIP BUMPS FORWARD AND BACK**

1,2,3&4 Step back right, step back left, step back right, left next to right, step forward right

5-8 Stomp left foot forward, bump hips forward/back/forward

#### 3 **PIVOT TURN, PIVOT TURN, CROSS, BACK, SIDE, STEP**

1,2,3,4 Step forward right, pivot an eighth turn left, step forward right, pivot an eighth turn left

5,6,7,8 Cross right over left, step back on left, right to right side, step forward left (3.00)

#### 4 **PIVOT TURN, PIVOT TURN, CROSS, BACK, SIDE, CROSS**

1,2,3,4 Step forward right, pivot an eighth turn left, step forward right, pivot an eighth turn left

5,6,7,8 Cross right over left, step back on left, right to right side, cross left over right (12.00)

### TAG 1

#### **SIDE ROCK, RECOVER, CROSS, 1/4, 1/4, CROSS**

1,2,3, Rock right to right side, recover on left, cross right over left

4,5,6 Make 1/4 turn right stepping back on left, make 1/4 turn right stepping right to right side,  
cross left over right (6.00)

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**REPEAT PART A**  
**REPEAT PART B**

**TAG 2**  
**RIGHT, LEFT**

1,2 Step forward right on right diagonal, step forward left on right diagonal (6.00)

**PART C (OLDER LADIES – CUP ALTERNATE HANDS AROUND CHIN TO MIMIC YODELLING)**

**1 STEP-LOCK-STEP, TURN-LOCK-STEP, STEP-LOCK-STEP, TURN-LOCK-STEP**

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

3&4 Make 1/4 turn left and step forward left, lock right behind left, step forward left

5&6 Step forward right, lock left behind right, step forward right

7&8 Make 1/4 turn left and step forward left, lock right behind left, step forward left

**2 STEP-LOCK-STEP, TURN-LOCK-STEP, STEP-LOCK-STEP, TURN-LOCK-STEP**

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

3&4 Make 1/4 turn left and step forward left, lock right behind left, step forward left

5&6 Step forward right, lock left behind right, step forward right

7&8 Make 1/4 turn left and step forward left, lock right behind left, step forward left (4.30)

**TAG 3**

**CROSS, BACK, SIDE, CROSS**

1,2,3,4 Cross right over left, step back on left, right to right side, cross left over right (9.00)

**REPEAT PART A SECTIONS 1&2**

**REPEAT PART A**

**REPEAT PART B**

**REPEAT TAG 2**

**REPEAT PART C**

**REPEAT PART C AND STOMP LEFT TO LEFT SIDE ON STEP 3 OF SECTION 2 AND HOLD FACING 12.0  
– RAISE HANDS TO THE SIDE WITH PALMS FACING UP TO MIMIC JULIE ANDREWS IN  
THE SOUND OF MUSIC AND THEN DO PADDLE STEPS TO COMPLETE A FULL TURN  
(1&2&3&4&5&6&7&8) TO FACE FRONT!**

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Music download available free from [www.donnaloustevens.com](http://www.donnaloustevens.com)

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