

Memories Stroll

42 Count, 4 Wall, Beginner

Choreographer: Bubba Carl Williams & Joy Hicks Williams (UK)

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Choreographed to: Been Around A Long Time by Delbert McClinton

Intro: 24 beats, start with vocals**Section 1 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

Section 2 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

Section 3 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

Section 4 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

Section 5 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

Section 6 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 ¼ left. Place weight on left foot

Section 7 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
