

OLD HANDS III

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Music: "Old Hands" – Adam Brand **CD:** "Adam Brand's Greatest Hits" Track #11 – Available iTunes

Rhythm & Phase: Rumba III

Speed: As Downloaded

Footwork: Opposite (unless indicated)

Sequence: INTRO A A B C A (Mod) B A (5-12) ENDING

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INTRO

1-4 CP WALL LEAD FT FREE WAIT PKUP NOTES & 2 MEASURES;; SIDE WALKS;;

1-2 In CP WALL with lead feet free wait 3 pickup notes plus 2 measures;;

3-4 Side L, close R, side L,-; Close R, side L, close R,-;

PART A

1-4 BASIC;; FENCE LINE TWICE;;

1-2 Forward L, recover R, side L,-; Back R, recover L, side R,-;

3-4 In bfly thru L, recover R, side L,-; Thru R, recover L, side R,-;

5-8 SHOULDER TO SHOULDER TWICE to a;; LARIAT;;

5 Forward L outside partner (back R) to SCAR, recover R, side L,-;

6 Forward R outside partner (back L) to BJO, recover L, side R,-;

7-8 Raise lead hands over head leading woman to circle CW around man – side L, recover R, close L (forward R, L, R,-; Back R, recover L, side R (forward L, R to face, side L),-;

9-12 HAND TO HAND; NEW YORKER; SPOT TURN; CUCARACHA;

9 Turning LF ¼ back L, recover R to face, side L,-;

10 Thru R taking trail hands thru, recover L to face, side R,-;

11 XLIF, recover R turning LF full turn to face, side L,-;

12 Side R, recover L, close R,-;

13-16 HALF BASIC; UNDERARM TURN; FORWARD BASIC to a; WHIP;

13 Repeat measure 1 of Part A;

14 Back R leading woman to turn under joined lead hands, recover L, side R (XLIF commencing RF turn under joined lead hands, continue RF turn recover R, continue RF turn to face partner side L),-;

15 Forward L, recover R, back L turning LF ¼,-; (back R, recover L, side & forward R),-;

16 Back R leading woman to pass by on L, recover L turning LF to face COH, side R (forward L, forward R turning LF, side L),-;

REPEAT PART A from COH ending in BFLY Wall

PART B

1-4 TIME STEP OP LOD; PROGRESSIVE WALK 6; NEW YORKER;

1 XLIB, recover R, side and forward L to open LOD,-;

2-3 Forward R, L, R,-; forward L, R, L to face,-;

4 Repeat measure 10 of Part A;

5-8 REV UNDERARM TURN; SPOT TURN; FENCE LINE; UNDERARM TURN;

5 Thru L leading woman to turn under joined lead hands, recover R, side L (XRIF commencing LF turn under joined lead hands, continue LF turn recover L, continue LF turn to face partner side R),-;

6 XRIF, recover L turning LF full turn to face, side R,-;

7 Repeat measure 3 of Part A;

8 Repeat measure 14 of Part A;

9-12 BRK TO OPEN; PROG WALK 3; SLIDING DOOR; ROCK SIDE REC FACE;

9 Back L, recover R, side & forward L to Op LOD,-;

10 Forward R, L, R,-;

11 Side L, recover R, XLIF passing behind woman (side R, recover L, XRIF passing in front of man),-;

12 Side R, recover L turning to face, side R to face COH,-;

13-16 BREAK TO OPEN; PROG WALK 3; SLIDING DOOR; ROCK SIDE REC FACE;

13-16 Commencing facing COH repeat measures 9-12 of Part B to finish facing Wall;;;;

PART C

1-4 CHASE;;;;

1-4 Forward L, turning RF ½ recover R, forward L (back R, recover L, forward R),-; Forward R, turning LF ½ recover L, forward R (forward L, turning LF ½ recover R, forward L),-; Forward L, recover R, back L (forward R, turning LF ½ recover L, forward R),-; Back R, recover L, forward R,-;

5-8 OPEN BREAK; UNDERARM TURN; CRAB WALKS;;

5 Back L extending trail hands, recover R, side L,-;

6 Repeat measure 14 of Part A;

7-8 XLIF, side R, XLIF,-; Side R, XLIF, side R,-;

9-12 NEW YORKER; THRU SERPIENTE;; FENCE LINE;

9 Thru L taking lead hands thru, recover R to face, side L,-;

10-11 Thru R, side L, XRIB, flare L CCW; XLIB, side R, thru L, flare R CW;

12 Repeat measure 4 of Part A;

13-16 OPEN BREAK; UNDERARM TURN to BJO; WHEEL 6;

13 Repeat measure 5 of Part C;

14 Repeat measure 6 of Part C ending in BJO;

15-16 In BJO partners circle CW around each other Forward L, R, L,-; R, L, R,-;

PART A (Mod)

1-14 Repeat measures 1-14 of Part A;;;;;;;;;;;;;

15-16 SPOT TURN; CUCARACHA;

15-16 Repeat measures 11-12 of Part A;;

REPEAT PART B

PART A (5-12)

1-8 Repeat measures 5-12 of Part A ending in CP;;;;;;;;;

ENDING

1-4 SIDE WALKS;; CORTE & HOLD;,, TWIST,-;

1-2 Repeat measures 3-4 of INTRO;;

3-4 Side and back L relaxing L knee, hold (5 beats);,, remaining in CP rotate upper body LF;