

The Older I Get

CHOREOGRAPHY: Gary & Barb Dean
4284 Merton Cres, Prince George, B.C., Canada, V2M 5B8
Phone: (250)563-2746 Email: garybarbdean@shaw.ca

Music: The Older I Get - Alan Jackson (Album: Where Have You Gone) Track 20 Length 3:50

Footwork: Opposite. Directions for man unless otherwise indicated Suggested Speed: 45rpm

Roundalab Phase: IV+1 (Triple Traveler)

Release Date: December 2, 2022

Preview: <https://www.youtube.com/watch?v=XuSvzbQogSE>

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Rhythm: Slow Two Step

Sequence: Intro A B C A B C D C A B End

INTRO

(1-4) **2 MEAS WAIT BFLY WALL;; BASIC;;**

[1-2] **{Wait}** In BFLY WALL wait 2 meas;;

[3-4] **{Basic}** BFLY WALL Sd L, -, XRib, rec L (W sd R, -, XLib, rec R); Sd R, -, XLib, rec R (W sd L, -, XRib, rec L) to loose CP DW;

(5-8) **TWISTY BASIC;; TWISTY VINE 3; FORWARD FACE CLOSE;**

[5-6] **{Twisty Basic}** CP WALL Sd L, -, XRib, rec L (W sd R, -, XLif, rec R); Sd R, -, XLib, rec R (W sd L, -, XRif, rec L);;

[7] **{Twisty Vine}** CP WALL Sd L, -, XRib to SCAR (W XLif), sd L to CP WALL;

[8] **{Forward Face Close}** XRif to BJO (W XLib), -, sd L, cl R to CP WALL;

PART A

(1-4) **BASIC;; LEFT TURN WITH INSIDE ROLL; BASIC ENDING;**

[1-2] **{Basic}** BFLY WALL Sd L, -, XRib, rec L (W sd R, -, XLib, rec R); Sd R, -, XLib, rec R (W sd L, -, XRib, rec L) to loose CP DW;

[3] **{Left Turn with Inside Roll}** Loose CP DW Fwd L stg 3/8 LF trn, -, sd R, XLif to BFLY COH (W bk R stg LF trn, -, sd L trn LF undr ld hnds, cont LF trn sd R to fc M);

[4] **{Basic Ending}** BFLY COH Sd R, -, XLib, rec R (W sd L, -, XRib, rec L); to loose CP DC;

(5-8) **TRIPLE TRAVELER;;; BASIC ENDING;**

[5-7] **{Triple Traveler}** CP DC Fwd L stg LF upper bdy trn to ld W to M L sd raise ld hnds to start W into Ltrn, -, fwd R, fwd L (W bk R 1/4 LF trn, -, cont trn sd & fwd L 1/2 LF trn under ld hnds, sd & fwd R cont LF trn to fc RLOD); Fwd R spiral LF under ld hnds, -, fwd L, fwd R (W fwd L, -, fwd R, fwd L); Fwd L bring ld hnds down & bk in cont circular motion to ld W into RF trn, -, fwd & sd R to fc W, XLif to BFLY WALL (W fwd R stg RF trn, -, sd L cont RF trn under ld hands, fwd R to fc M);

[8] **{Basic Ending}** BFLY COH Sd R, -, XLib, rec R (W sd L, -, XRib, rec L); to loose CP DC;

PART B

(1-4) **SIDE BASIC; SWEETHEART WRAP; SWEETHEART RUNS; THRU FACE CLOSE;**

[1] **{Side Basic}** BFLY WALL Sd L, -, XRib, rec L (W sd R, -, XLib, rec R);

[2] **{Wrap fc LOD}** BFLY WALL Sd R, -, XLib, rec R to WRP LOD (W sd & fwd L stg LF trn, -, fwd R cont RF trn, ref fwd L to fc LOD);

[3] **{Sweetheart Runs}** In WRAP pos fwd L, -, fwd R, fwd L ;

[4] **{Thru Face Close}** Thru R releasing M's R & W's L hnds, -, trng RF (LF) to fc ptr sd L, cl R BFLY WALL;

(5-8) **LUNGE BASIC TWICE;; UNDERARM TURN; OPEN BASIC;**

[5-6] **{Lunge Basic Twice}** BFLY WALL Sd L w/ slight lun action, -, rec R, XLif (W sd R w/ slight lun action, -, rec L, XRif); BFLY WALL Sd R w/ slight lun action, -, rec L, XRif (W sd L w/ slight lun action, -, rec R, XLif);

[7] **{Underarm Turn}** BFLY WALL Sd L jn ld hnds palm to palm, -, XRib, rec L to BFLY WALL (W sd R stg RF trn undr ld hnds, -, fwd L to WALL cont trn RF 1/2, rec fwd R comp RF trn to fc M) CP WALL;

[8] **{Open Basic}** CP WALL Sd R to 1/2 OP LOD, -, XLib, rec R to 1/2 OP LOD (W sd L to 1/2 OP LOD, -, XRib, rec L to 1/2 OP LOD);

PART C

(1-4) THE SQUARE

[1-4] **{The Square}** 1/2 OP LOD Xif of W sd L, -, trn RF sd R to 1/2 LOP COH, fwd L (W sm fwd R, -, sd L to COH, XRif & start to Xif of M); Sm fwd R, -, sd L to RLOD, XRif to 1/2 OP RLOD & start to Xif of W (W Xif of M sd L, -, trn RF sd R to 1/2 OP RLOD, fwd L); 1/2 OP RLOD Xif of W sd L, -, trn RF sd R to L 1/2 OP WALL, fwd L (W sm fwd R, -, sd L to WALL, XRif & start to Xif of M); Sm fwd R, -, sd L to LOD, XRif to 1/2 OP LOD (W Xif of M sd L, -, trn RF sd R to 1/2 OP LOD, fwd L);

(5-8) OPEN BASIC TWICE;; 2 SWITCHES;;

[5-6] **{Open Basic Twice}** CP WALL Sd L to R 1/2 OP RLOD, -, XRib, rec L to CP WALL (W sd R to L 1/2 OP RLOD, -, XLib, rec R to CP); Sd R to 1/2 OP LOD, -, XLib, rec R to 1/2 OP LOD (W sd L to 1/2 OP LOD, -, XRib, rec L to 1/2 OP LOD);

[7-8] **{2 Switches}** 1/2 OP LOD Fwd & sd L crossing in front of W & trng to 1/2 LOP, -, fwd R, fwd L toeing twd ptr (fwd R between M's feet, -, fwd L, fwd R preparing to Xif of M); 1/2 LOP LOD Fwd R between W's feet, -, fwd L, fwd R to 1/2 OP LOD (sd L crossing in front of M & trng to 1/2 OP, -, fwd R, fwd L);

REPEAT PART A

REPEAT PART B

REPEAT PART C

PART D

(1-2) BASIC to PU LOW BFLY DLW;;;

[1-2] **{Basic}** BFLY WALL Sd L, -, XRib, rec L (W sd R, -, XLib, rec R); Sd R, -, XLib, rec R leading W to pickup to low BFLY DLW (W sd L, -, XRib, fwd L trng LF to low BFLY DRC);

(3-6) TRAVELING CROSS CHASSES 4 TIMES to FC WALL;;;

[3-6] **{Travelling Cross Chasses 4X}** BFLY DLW Sd & fwd L stg LF trn w/ R shldr ld both hnds going down & in to hip level, -, sd & fwd R, XLif to fc DLC (W bk & sd R stg LF trn w/ L shldr ld both hnds going down & in to hip level, -, bk & sd L, XRif to fc DRW); Sd & fwd R stg RF trn w/ L shldr ld, -, sd & fwd L, XRif to fc DLW (W bk & sd L stg RF trn w/ R shldr ld, -, bk & sd R, XLif to fc DRC); Sd & fwd L stg LF trn w/ R shldr ld both hnds going down & in to hip level, -, sd & fwd R, XLif to fc DLC (W bk & sd R stg LF trn w/ L shldr ld both hnds going down & in to hip level, -, bk & sd L, XRif to fc DRW); Sd & fwd R stg RF trn w/ L shldr ld, -, sd & fwd L, XRif to BFLY WALL (W bk & sd L stg RF trn w/ R shldr ld, -, bk & sd R, XLif to BFLY WALL);

(7-10) SIDE BASIC; SWEETHEART WRAP; SWEETHEART RUNS TWICE;;

[7] **{Side Basic}** BFLY WALL Sd L, -, XRib, rec L (W sd R, -, XLib, rec R);

[8] **{Sweetheart Wrap fc LOD}** BFLY WALL Sd R, -, XLib, rec R to WRP LOD (W sd & fwd L stg LF trn, -, fwd R cont RF trn, ref fwd L to fc LOD);

[9-10] **{Sweetheart Runs Twice}** In WRAP pos fwd L, -, fwd R, fwd L; fwd R, -, fwd L, fwd R;

(11-16) CIRCLE AWAY & TOGETHER;; WHEEL 6;; HIP ROCK 3; OPEN BASIC;

[11-12] **{Circle Away & Together to BOL BJO}** WRAP LOD release hnds Circle LF twd COH fwd L, -, fwd R, fwd L (W circle RF twd Wall fwd R, -, fwd L, fwd R); Cont circle LF twd WALL fwd R, -, fwd L, fwd R to BOL BJO WALL (W cont circle RF twd COH fwd L, -, fwd R, fwd L);

[13-14] **{Wheel 6}** BOL BJO WALL Fwd L comm RF trn, -, fwd R, fwd L; Fwd R cont RF turn, -, fwd L, fwd R blending to CUDDLE WALL;

[15] **{Hip Rocks 3}** CUDDLE WALL Rk Sd L rolling hip side and back, -, Rk Sd R rolling hip side and back, Rk Sd L rolling hip side and back to CUDDLE WALL;

[16] **{Open Basic}** CUDDLE WALL Sd R to 1/2 OP LOD, -, XLib, rec R to 1/2 OP LOD (W sd L to 1/2 OP LOD, -, XRib, rec L to 1/2 OP LOD);

REPEAT PART C

REPEAT PART A

REPEAT PART B

ENDING

- (1-4) **SIDE BASIC; SWEETHEART WRAP; SWEETHEART RUNS TWICE;;**
[1-4] Repeat Measures 7-10 Parts D
- (5-8) **CIRCLE AWAY & TOGETHER;; 2 SLOW HIP ROCKS; CORTE W/ LEG CRAWL;**
[5-6] **{Circle Away & Together to BOL BJO}** WRAP LOD release hnds Circle LF twd COH fwd L, -, fwd R, fwd L (W circle RF twd Wall fwd R, -, fwd L, fwd R); Cont circle LF twd WALL fwd R, -, fwd L, fwd R to CUDDLE WALL (W cont circle RF twd COH fwd L, -, fwd R, fwd L);
- [7] **{2 Slow Hip Rocks}** CUDDLE WALL Rk Sd L rolling hip side and back, -, Rk Sd R rolling hip side and back to CP, -;
- [8] **{Corte w/ LEG CRAWL}** Bk and sd L lowering supporting leg leaving R extended; (W fwd and sd R lowering supporting leg - raise extended L leg along outside of M's R leg);

Quick Cues

Intro

- 1-4 in bfy WT 2 MEAS;; BASIC;;
5-8 TWSTY BASIC;; TWST VIN 3 to bjo; FWD FC CLS to cp;

Part A

- 1-4 BASIC to pu;; LT TRN INSIDE ROLL; BASIC END to pu;
5-8 TRIPLE TRVLR;;; BASIC END;

Part B

- 1-4 SD BASIC; SWTHRT WRP; SWTHRT RUNS; THRU FC CLS;
5-8 LUNGE BASIC TWC;; UNDERARM TRN; OP BASIC;

Part C

- 1-4 THE SQUARE to cp;;;;
5-8 OP BASIC TWC;; 2 SWITCHES;;

Part A

- 1-4 BASIC to pu;; LT TRN INSIDE ROLL; BASIC END to pu;
5-8 TRIPLE TRVLR;;; BASIC END;

Part B

- 1-4 SD BASIC; SWTHRT WRP; SWTHRT RUNS; THRU FC CLS;
5-8 LUNGE BASIC TWC;; UNDERARM TRN; OP BASIC;

Part C

- 1-4 THE SQUARE to cp;;;;
- 5-8 OP BASIC TWC;; 2 SWITCHES;;

Part D

- 1-6 BASIC to pu low bfy;; TRVLNG CROSS CHASSES 4X to fc wall;;;;
- 7-10 SD BASIC; SWTHRT WRP; SWTHRT RUNS TWC;;
- 11-16 CIRC AWY & TOG to bol bjo;; WHEEL 6 to cuddle;; HIP RK 3; OP BASIC;

Part C

- 1-4 THE SQUARE to cp;;;;
- 5-8 OP BASIC TWC;; 2 SWITCHES;;

Part A

- 1-4 BASIC to pu;; LT TRN INSIDE ROLL; BASIC END to pu;
- 5-8 TRIPLE TRVLR;;; BASIC END;

Part B

- 1-4 SD BASIC; SWTHRT WRP; SWTHRT RUNS; THRU FC CLS;
- 5-8 LUNGE BASIC TWC;; UNDERARM TRN; OP BASIC;

Ending

- 1-4 SD BASIC; SWTHRT WRP; SWTHRT RUNS TWC;;
- 5-8 CIRC AWY & TOG to cuddle;; 2 SLO HIP RKS; CORTE W/ LEG CRAWL;