

Old 45 South

Choreographed by Michael Diven (April 2005)

Description: 48 count, 4-wall line dance

Level: Intermediate/Advanced

Music Suggestions: "Country So We Can" by Forty 5 South

Step, ½ Turn, Shuffle, Scuff, Hitch, ½ Pivot, Sailor Step

- 1-2 Step forward on left foot, pivot ½ turn to the right (6:00)
3&4 Left shuffle forward
5&6 Scuff right foot forward while turning ½ turn to the left hitching the right foot, step forward on the right foot (12:00)
7&8 Left sailor step

Rock, Recover, Crossing Shuffle, Step, Pivot, Step, Pivot, Cross Step, Heel

- 1-2 Rock right to right side, recover weight back to left
3&4 Crossing shuffle to the left, stepping right over left, left to left side, right over left
5-6 Step back on left foot while turning ¼ turn to the right, step back on right foot while turning ½ turn to the right (9:00)
7&8 Cross step left over right, step right to right side, extend the left heel forward and slightly diagonal to the left

Step, ½ Turn Hitch, Right Shuffle, Cross Step, Unwind ¾ Turn Right, Sailor Step

- &1-2 Step back to the center on the left foot, cross right over left, unwind ¾ turn to the left (12:00)
3&4 Left sailor step
5-6 Rock right to the right side, recover weight back to the left foot
7&8 Right sailor step with a ½ turn to the right (6:00)

Cross Step, Unwind ¾ Turn, Coaster Step, Heel Switches

- 1-2 Cross left foot over right, unwind ¾ turn to the right (weight ends up on the left foot)
3&4 Right coaster step in place (3:00)
5&6&7&8& Touch left heel forward, right heel forward, left heel forward, right heel forward, step right back next to left foot

Step, Scuff, Hitch, ½ Turn, Coaster Step, Scuff, Hitch, Turn, Step, Step, Coaster Step

- 1&2& Step forward with the left foot, scuff and hitch the right foot while turning ½ turn to the left, step back on the right foot (9:00)
3&4 Left coaster step
5&6& Scuff and hitch the right foot while turning ½ turn to the left, step back on the right foot, step back on the left foot (3:00)
7&8 Right coaster step

Cross Step, Side Step, Sailor, Cross Step, Side Step, Turning Shuffle

- 1-2 Cross step left over right, step right to the right side
3&4 Left sailor step in place
5-6 Cross step right over left, step left to left side
7&8 Step back on right while turning ½ turn to the right, step left next to right, step right to right side (9:00)

REPEAT

This step sheet is provided by Michael Diven – Instructor/Choreographer for Dare 2 Dance Productions.

If you have any questions regarding this step sheet or for booking information please contact us at (717) 436-6756, e-mail us at cwdance@localnet.com or visit us on the web at www.dare2dance.net Dare 2 Dance is available to teach at any country western dance venue across the country and abroad.



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