

Old Flame

Choreographer: Hazel Pace
Description: 32 count, partner dance
Music: **Old Flame** by Alabama
Jambalaya by Eddy Raven 120 bpm
On My Radio by The Woolpackers
If I Said You Had A Beautiful Body by The Bellamy Brothers 120 bpm

Position: Ballroom Hold. Man Facing OLOD, Lady ILOD. Mirror image steps throughout dance. Lady's steps given

Start dancing on lyrics

Beats / Step Description

SIDE SHUFFLE, ROCK, RECOVER, RIGHT & LEFT SHUFFLES ½ TURN TO THE RIGHT

When doing rock steps slightly open up, but stay in ballroom

- 1&2 Chassé side left, right, left
- 3-4 Rock right back, recover to left
- 5&6 Right shuffle on right, left, right, moving toward LOD making ¼ turn to the right
- 7&8 Left shuffle on left, right, left, moving toward LOD making ¼ turn to the right

Lady is now facing OLOD, man ILOD

ROCK, RECOVER, RIGHT & LEFT SHUFFLES ½ TURN TO THE LEFT, ROCK, RECOVER

- 1-2 Rock right back, recover to left
- 3&4 Right shuffle on right, left, right, moving slightly towards RLOD making ¼ turn to the right
- 5&6 Left shuffle on left, right, left, moving slightly towards RLOD making ¼ turn to the right
- 7-8 Rock right back, recover to left

RIGHT SHUFFLE ¼ TURN RIGHT, STEP, KICK, RIGHT SHUFFLE, STEP, KICK

As you make ¼ turn to face LOD drop lady's right hand, man's left, leave other hands behind back

- 1&2 Turn ¼ right as you right shuffle on right, left, right toward LOD
- 3-4 Step left forward, kick right foot across left to touch your partners left foot
- 5&6 Chassé forward right, left, right
- 7-8 Step left forward, cross/kick right over left to touch your partners left foot

As you kick with your partner clap outside hands at the same time

SIDE SHUFFLE ¼ TURN LEFT, COASTER STEP, SIDE SHUFFLE ¼ TURN RIGHT, STEP ¾ PIVOT RIGHT

As you go into counts 1&2 you will be holding inside hands, as you dance coaster step go into double hand hold & counts 7-8 no hands

- 1&2 Right shuffle to right on right, left, right, turning ¼ turn left to face partner
- 3&4 Left coaster step
- 5&6 Step right to side, step left together, step right ¼ turn right to face LOD
- 7-8 Step left forward, turn ¾ right to face partner

Smile and Begin Again