

GROWING OLD WITH YOU

Dance By: Dawn Mee, 2626 E. Norm Place, Anaheim, CA 92806, (951) 206-1746, Dawnadele57@gmail.com
CD Music: "Growing Old With You" – Restless Road
Music YouTube Link: <https://youtu.be/bDbdlbc3pnA?si=8y-G4CTMtKMvxqe9>
MP3 Download: Available through Amazon
Rhythm/Phase: Slow Two Step. ROUNDALAB Phase III+2 (Switches, Outside Roll) **Released:** May 10, 2025
Footwork: Opposite, directions for M (except where noted) **Difficulty:** Average
Download Time: 3:16 Slowed to -22% (129.6 BPM or 35.1 RPM) ~ Cut to 3:06 & Begin Fading Out at 2:55)
Sequence: Intro, A, B, A, B[1-20], End

INTRO

[LOW BFLY WALL] WAIT;; slo HIP RK 4;;

1-2 Wait two measures in LOW BFLY WALL;;
3-4 SSSS {**Hip Rk 4**} Rk sd L rolling hip sd & bk, -, rk sd R rolling hip sd & bk, -, Rk sd L rolling hip sd & bk, -, rk sd R rolling hip sd & bk, -;

[BFLY WALL] slo TWIRL VINE 4 to BFLY WALL;; slo SD CLOS-2X;;

5-6 SSSS {**slo Twirl Vine 4**} Sd L, -, raise lead hnds leading W to a progressive RF trn XRIB, -; Sd L, -, XRIF (*W sd & fwd R comm RF trn under joined hnds, -, sd & bk L trng 1/2 RF, -; Sd R, -, XLIF*) to BFLY WALL, -;
7-8 SSSS {**slo Sd Clos-2X**} Sd L, -, cl R to L, -; Sd L, -, cl R to L, -;

PART A

[BFLY WALL] SD BASIC; SPOT TRN; 2 OP BASICS to HALF OP;;

1 {**Sd Basic**} Sd L, -, XRIB, rec L;
2 {**Spot Trn**} Sd R comm RF trn, -, XLIF cont 1/2 RF trn, rec fwd R comp trn (*W sd L comm LF trn, -, XRIF cont 1/2 LF trn, rec fwd L comp trn*) to BFLY WALL;
3-4 {**2 Op Basic**} Sd L and open body to LT HALF OP RLOD, -, XRIB, rec L to fc ptr; Sd R and open body to HALF OP LOD, -, XLIB, rec fwd R to HALF OP LOD;

[HALF OP LOD] 2 SWITCHES to BFLY WALL;; BASIC;;

5 {**2 Switches**} Fwd L chg sds and sharply trng 3/4 RF place left arm around W releasing right arm, -, fwd & sd R, fwd XLIF (*W fwd R, -, fwd & sd L, fwd XRIF*) to end in V-shape LT HALF OP;
6 Fwd R leading W to cross in front of M and place right arm around W releasing left arm, -, fwd & sd L, fwd XRIF (*W fwd L crossing in front of M and sharply trng 3/4 RF, -, fwd & sd R, fwd XLIF*) to BFLY WALL;
7-8 {**Basic**} Sd L, -, XRIB, rec L; Sd R, -, XLIB, rec R;

[BFLY WALL] SD BASIC; SPOT TRN; 2 OP BASICS to CP WALL;;

9 {**Sd Basic**} Repeat PART A Meas 1;
10 {**Spot Trn**} Repeat PART A Meas 2;
11-12 {**2 Op Basic**} Repeat PART A Meas 3-4 to CP WALL;;

[CP WALL] slo TWISTY VINE 4;; SD DRAW TCH L & R;;

13-14 SSSS {**slo Twisty Vine 4**} Comm slight RF upper body trn sd & bk L, -, XRIB, -; Comm slight LF upper body trn sd & fwd L, -, XRIF (*W comm slight RF upper body trn sd & fwd R, -, XLIF, -; Comm slight LF upper body trn sd & bk R, -, XLIB*) to BJO BFLY, -;
15-16 {**Sd Draw Tch L&R**} Trng 1/8 LF to fc ptr sd L, -, draw R to L, tch R to L; Sd R, -, draw L to R, tch L to R;

[CP WALL] slo TWISTY VINE 4;; slo TWIRL VINE 4 P/UP to LOW BFLY LOD;;

17-18 SSSS {**slo Twisty Vine 4**} Repeat PART A Meas 13-14;;
19-20 SSSS {**slo Twirl Vine 4**} Sd L, -, raise lead hnds leading W to a progressive RF trn XRIB, -; Sd L, -, XRIF trng 1/4 LF (*W sd & fwd R comm RF trn under joined hnds, -, sd & bk L trng 1/2 RF, -; Sd R, -, XLIF trng 1/4 LF picking up in front of M*) to LOW BFLY LOD;;

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PART B

[LOW BFLY LOD] TRAVELING CHASSE-4X;;;:

- 1-2 {**Traveling Chasse-4X**} Fwd L trng LF diagonally across LOD with right shldr lead with both hnds joined low between ptrs, -, sd R diag LOD, cl L to R; Fwd R trng RF diag across LOD with left shldr lead with both hnds joined low between ptrs, -, sd L diag LOD, cl R to L (*W bk R trng LF diag across LOD with left shldr lead with both hnds joined low between ptrs, -, sd L diag LOD, cl R to L; bk L trng RF diag across LOD with right shldr lead with both hnds joined low between ptrs, -, sd R diag LOD, cl L to R*) to LOW BFLY LOD;
- 3 Repeat Part B Meas 1;
- 4 Fwd R trng RF diag across LOD with left shldr lead with both hnds joined low between ptrs, -, sd L trng 1/8 RF to fc WALL, cl R to L (*W bk L trng RF diag across LOD with right shldr lead with both hnds joined low between ptrs, -, sd R trng 1/8 RF to fc WALL, cl L to R*) to BFLY WALL;

[BFLY WALL] UNDERARM TRN; to a LARIAT 6 to LOP LOD;; FWD & RUN 2;

- 5 {**Underarm Trn**} Sd L to join lead hnds palm-to-palm, -, XRIB, rec L (*W sd R comm RF trn under joined lead hnds, -, XLIF to LOD cont 1/2 RF trn, fwd R comp trn to M's right side of ptr*);
- 6-7 {**Lariat 6 to LOP LOD**} Sml sd R, -, cl L to R, sip R; Sip L, -, sip R swiveling 1/4 LF to LOP FCG LOD, fwd L (*W circle clockwise with joined lead hnds fwd L, -, fwd R, fwd L; Fwd R, -, fwd L to LOP FCG LOD, fwd R*);
- 8 {**Fwd & Run 2**} Fwd R, -, fwd L, fwd R to LOP FCG LOD;

[LOP FCG LOD] OUTSIDE ROLL; BASIC END; SD BASIC; OPEN BREAK;

- 9 {**Outside Roll**} Fwd L leading W to RF trn under lead hnds, -, sd & fwd R while trng LF to fc ptr, XLIF (*W fwd R comm RF trn under joined lead hnds, -, cont RF trn fwd L, comp RF trn XRIF*) to BFLY COH;
- 10 {**Basic End**} Sd R, -, XLIB, rec R;
- 11 {**Sd Basic**} Repeat PART A Meas 1;
- 12 {**Open Break**} Sd R, -, bk L while extending lead arm straight out parallel to floor with palms down, rec fwd R releasing hnds;

[LOP FCG WALL] FWD & RUN 2 PASSING RT SHLDRS; CIRCLE to FC PTR BFLY WALL; TWISTY BASIC;;

- 13 {**Fwd & Run 2**} Passing right shldrs fwd L, -, fwd R, fwd L twds COH (*W twds WALL*);
- 14 {**Circle to BFLY WALL**} Comm LF counterclockwise circle twds RLOD fwd R, -, fwd L, fwd R (*W comm RF clockwise circle twds RLOD fwd L, -, fwd R, fwd L*) to BFLY WALL;
- 15-16 {**Twisty Basic**} Sd L with slight RF trn, -, XRIB, rec L; Sd R with slight LF trn, -, XLIB, rec R (*W sd R with slight RF trn, -, XLIF, rec R; Sd L with slight LF trn, -, XRIF, rec L*);

[OP LOD] LUNGE BASIC – 2X;; CIRCLE AWAY & TOG to BOL BJO;; WHEEL 6 to LOW BFLY WALL;; slo HIP RK 4;;

- 17-18 {**Lunge Basic-2X**} Sd L with slight lunge action, -, rec R, XLIF; Sd R with slight lunge action, -, rec L, XRIF trng 1/4 LF to OP LOD;
- 19-20 {**Circle Away & Tog**} Circ LF (*W RF*) fwd L, -, fwd R, fwd L; Cont circ fwd R, -, fwd L, fwd R to BOL BJO WALL;
- 21-22 {**Wheel 6**} Fwd L comm RF trn, -, fwd R, fwd L; Fwd R cont RF turn, -, fwd L, fwd R blending to LOW BFLY WALL;
- 23-24 ssss {**Hip Rk 4**} Repeat INTRO Meas 3-4;;

Repeat Part A

Repeat Part B[1-20] To Low Bfly Wall

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ENDING

[LOW BFLY WALL] slo HIP RK 4;; SD LUNGE w/ NECK CARESS;

1-2 SSSS {Hip Rk 4} Repeat INTRO Meas 3-4;;

3 Q {Sd Lunge w/ Neck Caress} Sd L bending left knee while bringing lead hands to back of M's neck like a hug
(*W sd R bending right knee while bringing lead hnd to back of M's neck like a hug*), -, -, -;

HEAD CUES

Intro, A, B, A, B[1-20], End

INTRO

[LOW BFLY WALL] WAIT;; slo HIP RK 4;; slo TWIRL VINE 4 to BFLY WALL;; slo SD CLOS-2X;;

PART A

[BFLY WALL] SD BASIC; SPOT TRN; 2 OP BASICS to HALF OP;; 2 SWITCHES to BFLY WALL;; BASIC;; SD BASIC;
SPOT TRN; 2 OP BASICS to CP WALL;; slo TWISTY VINE 4;; SD DRAW TCH L & R;; slo TWISTY VINE 4;;
slo TWIRL VINE 4 P/UP to LOW BFLY LOD;;

PART B

[LOW BFLY LOD] TRAVELING CHASSE-4X;;; UNDERARM TRN; to a LARIAT 6 to FC LOD;; FWD & RUN 2;
OUTSIDE ROLL; BASIC END; SD BASIC; OPEN BREAK; FWD & RUN 2 PASSING RT SHLDRS;
CIRCLE to FC PTR BFLY WALL; TWISTY BASIC;; LUNGE BASIC – 2X;; CIRCLE AWAY & TOG to BOL BJO;;
WHEEL 6 to LOW BFLY WALL;; slo HIP RK 4;;

PART A

[BFLY WALL] SD BASIC; SPOT TRN; 2 OP BASICS to HALF OP;; 2 SWITCHES to BFLY WALL;; BASIC;; SD BASIC;
SPOT TRN; 2 OP BASICS to CP WALL;; slo TWISTY VINE 4;; SD DRAW TCH L & R;; slo TWISTY VINE 4;;
slo TWIRL VINE 4 P/UP to LOW BFLY LOD;;

PART B[1-20]

[LOW BFLY LOD] TRAVELING CHASSE-4X;;; UNDERARM TRN; to a LARIAT 6 to FC LOD;; FWD & RUN 2;
OUTSIDE ROLL; BASIC END; SD BASIC; OPEN BREAK; FWD & RUN 2 PASSING RT SHLDRS;
CIRCLE to FC PTR BFLY WALL; TWISTY BASIC;; LUNGE BASIC – 2X;; CIRCLE AWAY & TOG to LOW BFLY WALL;;

ENDING

[LOW BFLY WALL] slo HIP RK 4;; SD LUNGE w/ NECK CARESS;