

My Father And Me

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Hazel Pace (UK)

Musik: Seein' My Father In Me - Paul Overstreet



ROCK, RECOVER, HALF TURN, HOLD, CROSS, SIDE, BEHIND, HOLD

- 1-2 Rock forward on right, rock back on left
- 3-4 Half turn right on ball of left foot stepping forward right, hold
- 5-6 Cross left over right, step right to right side
- 7-8 Cross left behind right, hold

SWEEP BEHIND, SIDE, CROSS, HOLD, ROCK, RECOVER, QUARTER TURN, HOLD

- 1-2 Sweep right foot behind left, step left to side
- 3-4 Cross right over left, hold
- 5-6 Rock forward on left, rock back on right
- 7-8 Step left to side making quarter turn left, hold

CROSS, SIDE, BEHIND, QUARTER TURN, STEP, HALF PIVOT, QUARTER TURN, HOLD

- 1-2 Cross right over left, step left to side
- 3-4 Cross right behind left, step left quarter turn left
- 5-6 Step forward right, half pivot left (weight on left)
- 7-8 Step right to side making quarter turn left, hold

BEHIND, SIDE, CROSS, SIDE, BEHIND, SIDE, CROSS, HITCH HALF TURN

- 1-2 Step left behind right, step right to side
- 3-4 Cross left over right, step right to side
- 5-6 Step left behind right, step right to side
- 7-8 Cross left over right, on ball of left foot half turn left hitching right knee

ROCK, RECOVER, BACK, TOGETHER, WALK, HOLD, WALK, HOLD

- 1-2 Rock forward on right, rock back on left, (small steps)
- 3-4 Step back on right, step left next to right
- 5-6 Step forward right, hold
- 7-8 Step forward left, hold

41-48 Repeat counts 33-40

ROCK, RECOVER, BACK, CROSS, BACK, CROSS, BACK, KICK

- 1-2 Rock forward on right, rock back on left
- 3-4 Step back on right, cross left over right
- 5-6 Step back on right, cross left over right
- 7-8 Step back on right, kick left foot forward

ROCK, RECOVER, QUARTER TURN, HOLD, ROCK, RECOVER, QUARTER TURN TWICE

- 1-2 Rock back on left, rock forward on right
- 3-4 On ball of right foot make quarter turn right stepping left to side, hold
- 5-6 Rock right behind left, rock forward on left
- 7 Step right to side making quarter turn left
- 8 On ball of right foot make quarter turn left stepping left to side

REPEAT

TAG

If dancing to "Seeing My Father In Me" by Paul Overstreet, add the tag after the 2nd sequence only

- 1-2 Rock forward on right, rock back on left
 - 3-4 Half turn right on ball of left foot stepping forward right, hold
 - 5-6 Rock forward on left, rock back on right
 - 7-8 Half turn left on ball of right foot stepping forward left, hold
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