

# My Father And Me (P)

Count: 64

Wand: 0

Ebene: Partner

Choreograf/in: Hazel Pace (UK)

Musik: Seein' My Father In Me - Paul Overstreet



**Position: Right Side by Side. Same step pattern for both**  
**Adapted by Allan & Patricia Mitchell from Hazel's line dance**

## **ROCK, RECOVER, ½ TURN, HOLD, CROSS, SIDE, BEHIND, HOLD**

- 1-2 Rock forward on right, rock back on left
- 3-4 ½ turn right on ball of left foot stepping forward right, hold

### **Now facing RLOD in Left Side By Side**

- 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, ¼ 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

### **Now facing OLOD man behind lady**

## **CROSS, SIDE, BEHIND, ¼ TURN, ¼ TURN ROCK, RECOVER, SIDE, HOLD**

- 1-2 Cross right over left, step left to side
- 3-5 Cross right behind left, step left ¼ turn left, step right ¼ turn left

### **Release left hands, right arm over lady's head. Now facing ILOD**

- 6 Rock back onto left
- Take up left hands at waist level, lady behind man**
- 7-8 Step right to right side, hold

## **BEHIND, SIDE, CROSS, SIDE, BEHIND, SIDE, CROSS, HITCH ¼ TURN RIGHT**

- 1-2 Step left behind right, step right to side
- 3-4 Cross left over right, step right to side
- 5-8 Step left behind right, step right to side, cross left over right, on ball of left foot ¼ turn right hitching right knee

### **Now facing LOD in Right Side By Side**

## **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
- 9-16 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 forward

## **ROCK, RECOVER, ¼ TURN RIGHT, HOLD, ROCK, RECOVER, ¼ TURN LEFT**

- 1-2 Rock back on left, rock forward on right

3-4 On ball of right make  $\frac{1}{4}$  turn right stepping left to side, hold

**Facing OLOD**

5-6 Rock right behind left, rock forward on left

7-8 Step forward right. On ball of right make  $\frac{1}{4}$  turn left stepping forward

**Facing LOD**

**REPEAT**

**TAG**

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

1-4 Rock forward on right, rock back on left, half turn right on ball of left foot stepping forward right, hold

5-8 Rock forward on left, rock back on right, half turn left on ball of right foot stepping forward left, hold

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