

My Ole Friend

Count: 64

Wall: 4

Level: Improver

Choreographer: Rep Ghazali (SCO) & Audrey Watson (SCO) - March 2017

Music: Automatic - Amy Macdonald



#32 Count Intro

S1. Weave, Back Kick, Back Kick.

- 1-2 Step right to right side, cross left behind right.
- 3-4 Step right to right side, cross left over right.
- 5-6 Turn $\frac{1}{4}$ left stepping back on right, kick left foot fwd. (Optional Clap hands on kick)
- 7-8 Step back on left, kick right foot fwd. (Optional Clap hands on kick)

S2. Rock back, recover, $\frac{1}{2}$ turn, hold, $\frac{1}{4}$ turn, touch, side, touch

- 1-2 Rock back Right, recover on Left
- 3-4 Turn $\frac{1}{2}$ turn Left by stepping back Right, hold
- 5-6 Turn $\frac{1}{4}$ left stepping Left to Left side, touch Right together
- 7-8 Step Right to Right side, touch Left together

S3. Rumba box kick

- 1-2 Step Left to Left side, step Right together
- 3-4 Step forward left, touch Right together.
- 5-6 step Right to Right side, step Left together
- 7-8 Step back on Right, kick Left foot fwd

S4. Back Rock, Step Touch, $\frac{1}{4}$ Monteray.

- 1-2 Rock back on left, recover fwd on right.
- 3-4 Step fwd on left, touch right next left.
- 5-6 Point right to right side, turning $\frac{1}{4}$ right step right next left.
- 7-8 Point left to left side, step left next right.

S5. Side Behind $\frac{1}{4}$ Hold, Pivot $\frac{1}{4}$ Touch.

- 1-2 Step right to right side, cross left behind right.
- 3-4 Turn $\frac{1}{4}$ right stepping fwd on right, hold for a beat.
- 5-6 Step fwd on left, pivot $\frac{1}{2}$ right.
- 7-8 Turn $\frac{1}{4}$ right stepping left to left side, touch right next left.

****Re-Start the dance here from the beginning during Wall 5**** Facing 3 O'Clock

S6. Side rock, recover, cross, hold, Side rock, recover, cross, hold

- 1-2 Right side rock, recover on Left
- 3-4 Cross Right over Left, hold for a beat.
- 5-6 Left side rock, recover on right
- 7-8 Cross left over right, hold for a beat

S7. Touch, step, touch, kick, back, Back, $\frac{1}{2}$ turn, scuff

- 1-2 Touch right toe behind left, step back right.
- 3-4 Touch left toe beside Right, kick forward Left
- 5-6 Step back Left, step back Right
- 7-8 $\frac{1}{2}$ turn Left stepping forward Left, scuff forward right.

S8. Rocking Chair, Touch $\frac{1}{4}$ Hitch x 2

- 1-2 Rock fwd on right, recover back on left.
- 3-4 Rock back on right, recover fwd on left.

5-6 ¼ left pointing right toe to right side, hitch right knee.
7-8 ¼ left pointing right toe to right side, hitch right knee.

Ending: Dance up to end of section 2, step fwd on left turn, ¼ right.

Last Update - 22nd March 2017
