

My Ole Friend

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Improver
编舞者: Rep Ghazali (SCO) & Audrey Watson (SCO) - March 2017
音乐: 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 ¼ 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, ½ turn, hold, ¼ turn, touch, side, touch

1-2 Rock back Right, recover on Left
3-4 Turn ½ turn Left by stepping back Right, hold
5-6 Turn ¼ 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, ¼ 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 ¼ right step right next left.
7-8 Point left to left side, step left next right.

S5. Side Behind ¼ Hold, Pivot ¼ Touch.

1-2 Step right to right side, cross left behind right.
3-4 Turn ¼ right stepping fwd on right, hold for a beat.
5-6 Step fwd on left, pivot ½ right.
7-8 Turn ¼ 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, ½ 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 ½ turn Left stepping forward Left, scuff forward right.

S8. Rocking Chair, Touch ¼ 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
