

She Was My Teacher, My Friend

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Wanda Heldt (AUS) - April 2018
音乐: My Mother, My Teacher, My Friend - Owen Mac
或: My Mother, My Teacher, My Friend - Johnny Brady



Just love the song ! Remembering my Mum who passed away at age 59 from Cancer.
and To all Mum's out there, God Bless.

#1. CROSS, SIDE STEP, CROSS, HOLD, JAZZ BOX with 1/4 TURN LEFT.

1-4 Cross Right over Left, Step Left to Left side, Cross Right over Left, Hold.
5-6 Step Left across Right, Step back on Right with a 1/4 Turn Left. [9]
7-8 Long step to Left on Left, Drag Right toe In.

#2. 1/4 & 2 1/2 TURNS OVER RIGHT SHOULDER, FORWARD, RECOVER, STEP BACK

1-2 1/4 turn step forward on Right, [12], 1/2 turn Right stepping on Left [6]
3-4 1/2 turn Right stepping forward on Right, Hold. [12]
5-8 Rock forward on Left, Recover on Right, Step back on Left, Hold.

Easy Option: - RIGHT VINE WITH A 1/4 TURN RIGHT.

1-4 Vine Right with a 1/4 turn Right.Hold.

#3. RIGHT BACK LOCK STEP to RIGHT Diagonal , LEFT BACK LOCK STEP to LEFT Diagonal

1-4 Step back on Right, Step Left over Right, Step back on Right, Hold.
5-8 Step back on Left, Step Right over Left, Step back on Left, Hold.

Easy Option:- RIGHT SIDE ROCK, RECOVER, CROSS OR STEP BACK,HOLD, LEFT SIDE ROCK, RECOVER, CROSS OR STEP BACK,HOLD

1-4 Rock Right to Right, Recover on Left, Step Right behind Left or Step back, Hold.
5-8 Rock Left to Left, Recover on Right, Step Left behind Right or Step back, Hold.

#4. RIGHT SIDE ROCK, RECOVER, CROSS STEP BEHIND LEFT 3/4 TURN RIGHT

1-4 Rock Right to Right, Recover on Left, Step Right over Left, Hold.
5-6 1/4 Turn Right stepping back on Left [3], 1/2 turn Right stepping forward on Right [9]
7-8 Step forward on Left, Hold.

Easy Option: - 1/4 TURN LEFT, STEPPING L.R.L. HOLD.

5-8 1/4 turn Left stepping forward on Left, Step Right next to Left, Step Left forward, Hold.

I am very mindful off those that are not able to do some of the steps or turns etc. Due to inexperience/age or health. So I do give Easy options - so they can stay on the floor - never left out.

Repeat:- HAVE FUN IN LIFE & IN DANCE

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