

My Old Friends

拍数: 32 墙数: 4 级数: Beginner
编舞者: Vikki Morris (UK) - September 2019
音乐: Old Friends - Steve Passfield : (amazon)



Start: 16 counts (on the word "Ain't")

S1: R Side L Close, ½ Rumba Box R, L Side, Back R, Left Coaster Cross

1 2 Step Right to Right side, Step Left next to Right
3&4 Step Right to Right side, Step Left next to Right, Step forward Right
5 6 Step Left to Left side, Step back on Right
7&8 Step back on Left, Step Right next to Left, Cross Left over Right

****TAG & RESTART 1 HERE WALL 3 FACING 6 O CLOCK****

****RESTART 2 HERE WALL 7 FACING 3 O CLOCK****

S2: R Side Rock Recover L, R Behind, L Side, R Cross, L Side Rock, Recover R, L Behind, R Side, Cross L

1 2 Rock Right to Right side, Recover on Left
3&4 Cross Right behind Left, Step Left to Left side, Cross Right over Left
5 6 Rock Left to left side, Recover on Right
7&8 Cross Left behind Right, Step Right to Right side, Cross Left over Right

S3: Point R, Point L, R Heel Dig, L Heel Dig, Step L, Cross R, Back L, Chasse ¼ R

1&2& Point Right to Right side, Step Right in place, Point Left to Left side, Step Left in place
3&4& Dig Right heel forward, Step Right in place, Dig Left heel forward, Step Left in place
5 6 Cross Right over Left, Step back on Left
7&8 Step Right to Right side, Step Left next to Right, Turn ¼ Right stepping forward Right (3 o clock)

S4: L Rock Recover R, L Coaster, R Jazz box, Stomp L

1 2 Rock forward on Left, Recover on Right
3&4 Step back on Left, Step Right next to Left, Step forward Left
5 6 Cross Right over Left, Step back on Left
7 8 Step Right to Right side, Stomp Left (with weight) next to Right

TAG & RESTART 1- Wall 3 after 8 counts (Facing 6 o clock)

R Side Rock Recover L, R Back Rock, Recover L

1 2 Rock Right to Right side, Recover on Left
3 4 Rock back on Right, Recover on Left

RESTART 2 - Wall 7 after 8 counts (Facing 3 o clock)

Email: gypscowgirl70@hotmail.com