

My Old Friend the Blues

拍数: 32 墙数: 1 级数: Novice - Country
编舞者: Tjwan Oei (NL) - December 2019
音乐: My old friend the blues by Ricky Koole & Ocoabar



Alternative : By Janie Fricke - Patty Loveless – Darcy Mazerolle

Start the dance on lyrics ,.....Just when every ray

S01 Slide to right side – Step together – Vine to right side – Slide to right side – Step ¼ turn left back – Rock back - Recover - Walk forward (R – L)

1&2& RF. slide to right side – LF. step together – RF. step to right side - LF. step behind RF.
3-4-5& RF. step to right side – LF. cross over RF. – RF. slide to right side – LF. step ¼ turn left back
[9]
&6-7-8 RF. rock back – Recover weight onto LF. - Walk forward (R - L)

S02 Step to right side – Step together – Left cross chasse – Step to left side – Step ¼ turn right back – Coaster step

1-2-3&4 RF. step to right side – LF. step together - RF.cross over LF. - LF. step to left - RF. cross over LF.
5-6-7&8 LF. step to left side – RF. step 1/4 turn right back - LF. step back - RF. step together - LF. step forward [12]

S03 Slide to right side – Step together – Behind – Side – Cross – Step ¼ turn right back - Back - Step forward - Lock behind - Step forward

1-2-3&4 RF. slide to right side - LF. step together - RF. step behind LF. – LF. step to left side - RF. cross over LF.
5-6-7&8 LF. step ¼ turn right back - RF. step back - LF. step fwd. - RF. lock behind LF. - LF. step fwd. [3]

S04 Cross over – Step back – Step back – Cross over – Slide to right side – Step ¼ turn left back – Rock back - Recover - Walk forward (R - L)

1-2-3-4 RF. cross over LF. - LF. step back - RF. step back - LF. cross over RF.
5&6& RF. slide to right side – LF. step ¼ turn left back - RF. rock back - Recover weight onto LF. [12]
7-8 Walk forward (R – L)

Ending : Dance Section 03 and 04 till the music end