

# My Father

拍数: 64      墙数: 2      级数: High Intermediate  
编舞者: Blooring Leo (INA), Gunawati Tiotama (INA), Hua, Jumi, KA, Ling, Ngo, Ui Chin & Yung - May 2020  
音乐: The Prose of My Father covered by Li Jian



Notes: This dance is dedicated to our teacher, Tjhioe Fong laoshi. Happy Father's Day!  
Intro: 16 counts

## Section 1: NC Basic, ¼ R, ¼ Pivot Turn Forward, ½ Turn, 1/8 R Forward, Rock forward

1 2&      Big Step L to L, Cross R behind L, Cross L over R  
3 4&      ¼ R Step R forward, Step L forward, ¼ R Step R to R  
5 6&      Step L forward, ¼ L Step R back, ¼ L Step L to L  
7 8&      1/8 R Step R forward, Rock L forward, Recover R (10:30)

## Section 2: Hitch, 1/8 L Coaster Step, Pivot Turn Forward 2x, Side

1 2&3      Hitch L, 1/8 L Step L back, Step R together, Step L forward  
4&5      Step R forward, ½ L Step L forward, Step R forward  
6&7 8      Step L forward, ½ R Step R to forward, Step L forward, Step R to R (9:00)

## Section 3: Cross, ¾ Turn, Touch, Back, Together, Forward, Touch, Kick

1 2&3      Cross L over R, ¼ L step R behind, ¼ L step L to L, ¼ L step R forward  
4 5      Touch L beside R bending both knees, Step L back straightening both knees  
6&7      Step R together, Step L forward, Touch R beside L bending both knees  
8      Kick R to R diagonal, straightening both knees (12:00)

## Section 4: Back, Rock Back, Forward, Pivot turn, Side Step Touch, Side

1 2&3      Step R back, Rock L back, Recover R, Step L forward  
4 5      Step R forward, ½ L Step L forward  
6&7&8      Step R to R, Step L together, Step R to R, Touch L beside R, Step L to L (6:00)

\*\*\* On Wall 2, Tag1 and then Restart

\*\*\* On Wall 5, Tag2 and then Restart

## Section 5: 1/8 L Forward, Rock Forward, 1/8 L Side, 1/8 L Forward, Back 2x, Hitch, 1/8 L Coaster, ¼ L Touch 2x

1 2&3      1/8 L Step R forward, Rock L forward, Recover R, 1/8 L Step L to L  
4&5      1/8 L Rock R forward, Recover L, Step R back and Hitch L  
6&7      1/8 L Step L back, Step R together, Step L forward  
8&      ¼ L Touch R to R, Touch R beside L (3:00)

## Section 6: NC Basic, ¼ L Forward, Sweep 2x, Scissors Step, Side

1 2&      Big Step R to R, Cross L behind R, Cross R over L  
3 4 5      ¼ L Step L forward, Sweep and Step R forward, Sweep and Step L forward  
6&7 8      Step R to R, Step L together, Cross R over L, Step L to L (6:00)

## Section 7: Cross Rock, Side, Cross Rock, Side, ½ L Back Sweep, Side, Cross, Back

1 2&      Cross Rock R, Recover L, Step R to R  
3 4&      Cross Rock L, Recover R, Step L to L  
5      ½ L Step R back and Sweep L front to back  
6&7 8      Cross L behind R, Step R to R, Cross L over R, Step R back (12:00)

\*\*\* Restart on Wall 4

## Section 8: ¼ L Ronde, Rock Back, Forward, ¼ L Side Rock, Full Turn, Touch

1 2&3            ¼ L Sweep L front to back, Rock L back, Recover R, Step L forward  
4 5                ¼ L Rock R to R, Recover L  
6&7 8            ¼ R step R forward, ½ R step L behind, ¼ R step R to R, Touch L beside R (6:00)

**Tag1: Walk 3x, Touch**

1 2 3 4            Walk R, L, R, Touch L beside R bending both knees

**Tag2: Back, Hold, Run 4x, Flick**

1 2                Step R back, Hold

&3&4&            Run L, R, L, R, Flick L

**Tag1: After 32 counts @ Wall 2**

**Tag2: After 32 counts @ Wall 5**

**\*\*\*3 Restarts: After Tag 1 @Wall 2, After 56 counts @Wall 4 and After Tag 2 @ Wall 5**

**Contact: ArebaDanceGroup@gmail.com**

**Updated: 22nd May 2020**

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