

# My Father And Me

**COPPER KNOB**  
STEPSHEETS

拍数: 64                      墙数: 2                      级数: Intermediate  
编舞者: Hazel Pace (UK)  
音乐: Seein' My Father In Me - Paul Overstreet



## ROCK, RECOVER, HALF TURN, HOLD, CROSS, SIDE, BEHIND, HOLD

1-2                      Rock forward on right, rock back on left  
3-4                      Half turn right on ball of left foot stepping forward right, hold  
5-6                      Cross left over right, step right to right side  
7-8                      Cross left behind right, hold

## SWEEP BEHIND, SIDE, CROSS, HOLD, ROCK, RECOVER, QUARTER TURN, HOLD

1-2                      Sweep right foot behind left, step left to side  
3-4                      Cross right over left, hold  
5-6                      Rock forward on left, rock back on right  
7-8                      Step left to side making quarter turn left, hold

## CROSS, SIDE, BEHIND, QUARTER TURN, STEP, HALF PIVOT, QUARTER TURN, HOLD

1-2                      Cross right over left, step left to side  
3-4                      Cross right behind left, step left quarter turn left  
5-6                      Step forward right, half pivot left (weight on left)  
7-8                      Step right to side making quarter turn left, hold

## BEHIND, SIDE, CROSS, SIDE, BEHIND, SIDE, CROSS, HITCH HALF TURN

1-2                      Step left behind right, step right to side  
3-4                      Cross left over right, step right to side  
5-6                      Step left behind right, step right to side  
7-8                      Cross left over right, on ball of left foot half turn left hitching right knee

## ROCK, RECOVER, BACK, TOGETHER, WALK, HOLD, WALK, HOLD

1-2                      Rock forward on right, rock back on left, (small steps)  
3-4                      Step back on right, step left next to right  
5-6                      Step forward right, hold  
7-8                      Step forward left, hold

41-48                      Repeat counts 33-40

## ROCK, RECOVER, BACK, CROSS, BACK, CROSS, BACK, KICK

1-2                      Rock forward on right, rock back on left  
3-4                      Step back on right, cross left over right  
5-6                      Step back on right, cross left over right  
7-8                      Step back on right, kick left foot forward

## ROCK, RECOVER, QUARTER TURN, HOLD, ROCK, RECOVER, QUARTER TURN TWICE

1-2                      Rock back on left, rock forward on right  
3-4                      On ball of right foot make quarter turn right stepping left to side, hold  
5-6                      Rock right behind left, rock forward on left  
7                          Step right to side making quarter turn left  
8                          On ball of right foot make quarter turn left stepping left to side

**REPEAT**

## **TAG**

**If dancing to "Seeing My Father In Me" by Paul Overstreet, add the tag after the 2nd sequence only**

- 1-2            Rock forward on right, rock back on left
  - 3-4            Half turn right on ball of left foot stepping forward right, hold
  - 5-6            Rock forward on left, rock back on right
  - 7-8            Half turn left on ball of right foot stepping forward left, hold
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