

My Old Friend (P)

COPPER KNOB
BY STEPHEN METZ

拍数: 30 墙数: 0 级数: Partner
编舞者: Fletch & Jervis
音乐: Old Friend - Scooter Lee



Position: Sweetheart. Man's Steps shown. Lady Starts on opposite and follows man's lead on positioning and arm movements

MAN'S STEPS

1-3 Walk forward on right, left, right
4-6 Step forward on left turn $\frac{1}{4}$ to right, step in place on right and left

Now in Closed Western

7-9 Rock back on right, forward on left, step right in place
10-12 Cross left over right rock into $\frac{1}{4}$ turn right (drop right hand), rock back on right into $\frac{1}{4}$ turn left, step left in place

Now back in Closed Western

13-15 Dropping both hands do a $1 \frac{1}{4}$ free spin on right, left, right

Now in Sweetheart Position

16-18 Walk forward on left, right, left

Progress forward now till dance ends

19-21 Crossing behind lady on right, left, right, arms go over lady's head

Lady on left in VW Position

22-24 Walk forward on left, right, left

25-27 Walk forward on right, left, right

Raise right and drop left arm to waist turn lady $\frac{1}{2}$ to left, back to right side in RLOD

28-30 Spin the lady $1 \frac{1}{2}$ to the right going forward, on left, right, left

Drop left hand back into Sweetheart Position

REPEAT
