

# My Aching Back

**COPPER KNOB**  
STEPSHEETS

拍数: 48      墙数: 2      级数: Low Intermediate WCS  
编舞者: Carol Jorgensen (USA) - April 2014  
音乐: My Aching Back - Phantom Blues Band



Intro: 32 counts

## SUGAR PUSH, WALK BACK TWICE

1-2            Walk forward (RL)  
3a4           Triple slightly forward and back (RLR)  
5a6           Triple in place (anchor step) (LRL)  
7-8           Walk back twice (RL)

## COASTER STEP, HALF TURN RIGHT, TRIPLE FORWARD, KICK-BALL-CHANGE

1a2           Back coaster (RLR)  
3-4           Step left foot forward, turn one half right, step onto right foot  
5a6           Triple forward (LRL)  
7a8           Kick-ball-change (RLR) [6:00]

## SIDE-ROCK, SAILOR A QUARTER, FORWARD ROCK, COASTER

1-2           Right foot rock side, recover to left  
3a4           Sailor shuffle, turning a quarter right (RLR) [9:00]  
5-6           Forward rock-recover (LR)  
7a8           Back coaster (LRL)

## ROCK-RECOVER, HALF TURN RIGHT, TRIPLE FORWARD,, QUARTER TURN CROSSING TRIPLE, BACK ROCK-RECOVER

1-2           Right foot rock forward, recover to left  
&            Half turn right (weight on left)  
3a4           Triple forward (RLR) [3:00]  
5a6           Quarter turn crossing chassé (LRL) [6:00]  
7-8           Back rock-recover, turning slightly diagonal right (RL)

## RIGHT AND LEFT TOE TAPS WITH SAILOR STEPS

1-2           Tap right toe (inside edge) to right side twice  
3a4           Right sailor shuffle  
5-6           Tap left toe to left side twice  
7a8           Left sailor shuffle (weight ends on left)

## SYNCOPATED SLIDE BACK, HOLDS, ELVIS KNEES

&1-2          Right foot slide back (&), weight to left (1), hold (2)  
3-4           Right knee in, hold  
5-8           Elvis knees, left, right, left, right (weight to left)

**Tags:** At the end of wall 4 (after instrumental) and wall 6 (after vocal duet), dance two jazz squares for a total of 8 counts, then repeat dance from the beginning.

**Ending:** As the music fades, you will be facing the back wall. Keep dancing through the fades to face front, dance through count 16 (kick-ball-change), slide to the right and draw left foot to right.

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