

My Father Told Me

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Ann-Charlott "Lottie" Hertzman (SWE) - February 2015
音樂: The Nights - Avicii



Intro: Start on the word "once"

S1: Monterey ½, Hitch, Chasse, Behind, ¼ turn

1-4 Point R to R side, ½ turn R step R next to L, Point L to L side, L hitch
5&6 Step L to L side, Step R next to L, Step L to L side
7-8 Step R behind L, ¼ turn L step L forward

S2: Point R&L, Rockstep, ½ turn shuffle, L fwd, ¼ turn

1&2& Point R to R side, Step R next to L, Point L to L side, Step L next to R
3-4 R rock forward, Recover on to L
5&6 ¼ turn R step R side, Step L next to R, ¼ turn R step R side
7-8 Step L forward, ¼ turn R

S3: Dorothy Step L&R, Walk, Out-Out, In-In

1-2& Step L diagonal L forward, Step R behind L, Step L diagonal forward
3-4& Step R diagonal R forward, Step L behind R, Step R diagonal forward
5-6 Walk forward L, R
&7&8 Step L to L side, Step R to R side, Step L back to centre, Step R next to L

S4: Rockstep, ¼ turn sailor step, Behind-Side-Cross, Step touch

1-2 L side rock, Recover on to R
3&4 ¼ turn L step L behind R, Step R next to L, Step L to L side
5&6 Step R behind L, Step L to L side, Step R cross over L
7-8 Step L to L side, Touch R next to L

S5: Heels fwd R&L,

1&2& Touch R heel forward, Step R next to L, Touch L heel forward, Step L next to R
3-4& Touch R heel forward twice, Step R next to L
5&6& Touch L heel forward, Step L next to R, Touch R heel forward, Step R next to L
7-8& Touch L heel forward twice, Step L next to R

S6: Shuffle, Rockstep, Coaster step, Fwd, ¼ turn

1&2 Step R forward, Step L next to R, Step R forward
3-4 L forward rock, Recover on to R
5&6 Step L back, Step R next to L, Step L forward
7-8 Step R forward, ¼ turn L (weight on L)

S7: Cross shuffle, ¼ turn twice, Cross rockstep, Chasse

1&2 Cross R over L, Step L to L side, Cross R over L
3-4 ¼ turn R step L back, ¼ turn R step R to R side
5-6 L cross rock over R, Recover on to R
7&8 Step L to L side, Step R next to L, Step L to L side

S8: Fwd, ½ turn, Kickball step, Jazz box

1-2 Step R forward, ½ turn L (weight on L)
3&4 Kick R forward, Step R next to L, Step L forward
5-8 Step R cross over L, Step L back, Step R to R side, Step L forward

Have fun on the floor!!

Dance Sequence:-

Wall 1 (12.00) 64 count

Wall 2 (6.00) 32 count

Wall 3 (3.00) 64 count,

Wall 4 (9.00) 64 count

Wall 5 (3.00) 32 count

Wall 6 (12.00) 64 count

Wall 7 (6.00) 32 count

Ending: Wall 7 dance 1-32 count

Turn $\frac{1}{4}$ L step R to R side "Ta-da"

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