

My Old Man

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Susanne Oates (UK) - June 2017
音樂: My Old Man - Zac Brown Band : (Album: Welcome Home)



#16 Count intro.

SIDE, BACK ROCK, SIDE, DRAG, CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS ROCK, BALL
1 2&3 Step right to right side. Rock back on left. Step right across left. Step left to left side, dragging right.

4&5 Step right over left. Step left to left side. Step right behind left, sweeping left from front.

6&7 Step left behind right. Step right to right side. Rock left over right.

8& Recover weight onto right. Step ball of left beside right.

CROSS ROCK, SIDE ROCK, BEHIND, SWEEP, SAILOR ¼ RIGHT, RUN X2, FORWARD ROCK, BALL

1&2& Rock right over left. Recover weight onto left. Rock right to right side. Recover weight onto left.

3 Step right behind left sweeping left from front.

4&5 Step left behind right. Turn ¼ right stepping right beside left. Step forward on left. (3)

6&7 Run forward on right. Run forward on left. Rock forward on right.

8& Recover weight onto left. Step ball of right beside left.

BACK, DRAG, COASTER, PIVOT ½ TURN, STEP, FULL TURN, FORWARD ROCK, BALL,

1 Step back a long step on left, dragging right toward left.

2&3 Step back on right. Step left beside right. Step forward on right.

4&5 Step forward on left. Pivot ½ turn right, stepping forward on right. Step forward on left. (9)

6&7 Turn ½ left, stepping back on right. Turn ½ turn left, stepping forward on left. Rock forward on right (9)

8& Recover weight onto left. Step ball of right beside left.

BACK ROCK, ½ TURN RIGHT, BACK ROCK, FULL TURN, PIVOT ¼ LEFT, CROSS, TURN ¼, ¼.

1&2 Rock back on left. Recover weight onto right. Turn ½ right, stepping back on left. (3)

3 4 Rock back on right. Recover weight onto left

&5 Turn 1/2 left, stepping back on right. Turn 1/2 left, stepping forward on left.

6 7 Step forward on right. Pivot ¼ left, stepping left to left side. (12)

8& Step right across left. Turn ¼ right, stepping back on left. Turn ¼ right, stepping right to right side. (the first count of the dance or Tag) (6)

TAGS: Wall 1: Long Tag. || Wall 2: Short Tag. || Wall 3: Long Tag. || Wall 4: No Tag. || Wall 5: Short Tag. || Wall 6: Long Tag.

LONG TAG [End of Walls 1, 3, (both 6o'clock), and Wall 6 (12'oclock)]

RIGHT SCISSORS, GRAPEVINE, CROSS, LEFT SCISSORS, TURN ¼ LEFT, ¼ LEFT, CROSS ROCK.

1&2 Step right to right side. Step left beside right. Step right across left.

&3&4 Step left to left side. Step right behind left. Step left to left side. Step right across left.

5&6 Step left to left side. Step right beside left. Step left across right.

7&8 Turn ¼ left, stepping back on right. Turn ¼ left, stepping left to left side. Rock right across left.

& Recover weight onto left.

RIGHT SCISSORS, GRAPEVINE, CROSS, LEFT SCISSORS, UNWIND ½ RIGHT, RIGHT SAILOR.

1&2 Step right to right side. Step left beside right. Step right across left.

&3&4 Step left to left side. Step right behind left. Step left to left side. Step right across left.

5&6 Step left to left side. Step right beside left. Step left across right.

7 8& Unwind ½ right, keeping weight on left. Step right behind left. Step left to left side. Step right to right side. (the first count of the dance)

SHORT TAG {End of Walls 2, (12o'clock) and 5 (6o,clock)

SIDE, BACK ROCK, SWAY, SWAY, BALL.

1 2& Step right to right side. Rock back on left. Step right across left.

3 4 Step left to left side, swaying hips left. Sway hips right, taking weight onto right.

& (1) Step ball of left beside right. Step right to right side. (the first count of the dance)

Last Update - 16th June 2017
