

My Old Man

COPPER KNOB
BY SHEETS

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
