

Old Friend

COPPER **KNOB**
BY STEPHANIE

拍數: 32 牆數: 2 級數: Beginner
編舞者: Nolwenn BERTIN (FR) - May 2019
音樂: Old Friend - Aaron Watson : (Album: Red Bandana)



Start dancing after 16 counts (counting from « One, Two, Three, Four »)

ROCK FORWARD, TRIPLE BACKWARD, BACK ROCK, TRIPLE FORWARD

1 - 2 Rock RF forward, recover
3 & 4 Right Triple Step backward (R-L-R)
5 - 6 Rock LF backward, recover
7 & 8 Left Triple Step forward (L-R-L)

JAZZ BOX ¼ TURN RIGHT X 2

1 - 2 Cross RF over LF, LF backward
3 - 4 Turn ¼ Right with RF on Right side, LF next to RF 3 :00
5 - 6 Cross RF over LF, LF backward
7 - 8 Turn ¼ Right with RF on Right side, LF next to RF 6:00

Restart here at wall 8.

CROSS POINT X 2, ROCKING CHAIR

1 - 2 Cross RF over LF, Point LF to Left side
3 - 4 Cross LF over RF, Point RF to Right side
5 - 6 Right Rock Step forward
7 - 8 Right Rock Step backward

OUT X 2, IN X 2, POINT X 2

1 - 2 RF on Right side, LF on Left side
3 - 4 RF in, LF next to RF
5 - 6 Point RF on Right side, recover (weight on RF)
7 - 8 Point LF on Left side, recover (weight on LF)

START AGAIN AND KEEP SMILING !

Memo

R. Right :: Fwd Forward

L. Left :: Bwd Backward

BCh Ball Change :: Tch Touch