

# My Old Friends

拍數: 32                      牆數: 4                      級數: Beginner  
編舞者: Vikki Morris (UK) - September 2019  
音樂: Old Friends - Steve Passfield : (amazon)



**Start: 16 counts (on the word "Ain't")**

**S1: R Side L Close, ½ Rumba Box R, L Side, Back R, Left Coaster Cross**

1 2                      Step Right to Right side, Step Left next to Right  
3&4                    Step Right to Right side, Step Left next to Right, Step forward Right  
5 6                    Step Left to Left side, Step back on Right  
7&8                    Step back on Left, Step Right next to Left, Cross Left over Right

**\*\*TAG & RESTART 1 HERE WALL 3 FACING 6 O CLOCK\*\***

**\*\*RESTART 2 HERE WALL 7 FACING 3 O CLOCK\*\***

**S2: R Side Rock Recover L, R Behind, L Side, R Cross, L Side Rock, Recover R, L Behind, R Side, Cross L**

1 2                    Rock Right to Right side, Recover on Left  
3&4                    Cross Right behind Left, Step Left to Left side, Cross Right over Left  
5 6                    Rock Left to left side, Recover on Right  
7&8                    Cross Left behind Right, Step Right to Right side, Cross Left over Right

**S3: Point R, Point L, R Heel Dig, L Heel Dig, Step L, Cross R, Back L, Chasse ¼ R**

1&2&                  Point Right to Right side, Step Right in place, Point Left to Left side, Step Left in place  
3&4&                  Dig Right heel forward, Step Right in place, Dig Left heel forward, Step Left in place  
5 6                    Cross Right over Left, Step back on Left  
7&8                    Step Right to Right side, Step Left next to Right, Turn ¼ Right stepping forward Right (3 o clock)

**S4: L Rock Recover R, L Coaster, R Jazz box, Stomp L**

1 2                    Rock forward on Left, Recover on Right  
3&4                    Step back on Left, Step Right next to Left, Step forward Left  
5 6                    Cross Right over Left, Step back on Left  
7 8                    Step Right to Right side, Stomp Left (with weight) next to Right

**TAG & RESTART 1- Wall 3 after 8 counts (Facing 6 o clock)**

**R Side Rock Recover L, R Back Rock, Recover L**

1 2                    Rock Right to Right side, Recover on Left  
3 4                    Rock back on Right, Recover on Left

**RESTART 2 - Wall 7 after 8 counts (Facing 3 o clock)**

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