

Old Time Buddy

COPPER KNOB
BYEPOSTETS

拍數: 128 牆數: 1 級數: Phrased Easy Intermediate
編舞者: David Ang (MY) - June 2022
音樂: Nan Xiong Nan Di (難兄難弟) - Gallen Lo (羅嘉良), Maggie Cheung (張可頤),
Jessica Hsuan (宣萱) & Francis Ng (吳鎮宇) : (無綫電視劇《難兄難弟》主題曲)



Intro : 16 counts in from the heavy beats (Approx 0.06 sec)
Sequence : AA BCC BCC AA CC(24) Ending

Part A (32 counts)

#A1 (1-8) R&L Twist, L Flick, L&R Twist, R Flick

- 1-4 Weight on LF: Twist both heels to R side (1), twist both toes to R side (2), twist both heels to R side (3), flick LF behind RF (4) 12.00
- 5-8 Twist both heels to L side (5), twist both toes to L side (6), twist both heels to L side (7), flick RF behind LF (8) 12.00

#A2 (9-16) ¼ (L) with R&L Twist, L Flick, L&R Twist, R Flick

- 1-4 Turn ¼ L twisting both heels to R side (1), twist both toes to R side (2), twist both heels to R side (3), flick LF behind RF (4) 9.00
- 5-8 Twist both heels to L side (5), twist both toes to L side (6), twist both heels to L side (7), flick RF behind LF (8) 9.00

#A3 (17-24) ¼ (L) with R&L Twist, L Flick, L&R Twist, R Flick

- 1-4 Turn ¼ L twisting both heels to R side (1), twist both toes to R side (2), twist both heels to R side (3), flick LF behind RF (4) 6.00
- 5-8 Twist both heels to L side (5), twist both toes to L side (6), twist both heels to L side (7), flick RF behind LF (8) 6.00

#A4 (25-32) ¼ (L) with R&L Twist, L Flick, L&R Twist, R Flick, ¼ (L)

- 1-4 Turn ¼ L twisting both heels to R side (1), twist both toes to R side (2), twist both heels to R side (3), flick LF behind RF (4) 3.00
- 5-8a Twist both heels to L side (5), twist both toes to L side (6), twist both heels to L side (7), flick RF behind LF (8), turn an additional ¼ L on ball of LF (a) - no weight 3.00

Part B (64 counts)

#B1 (1-8) R-L Forward Toe Struts

- 1-4 Touch R toes forward (1), step RF in place (2), touch L toes forward (3), step LF in place (4) 12.00
- 5-8 Touch R toes forward (5), step RF in place (6), touch L toes forward (7), step LF in place (8) 12.00

#B2 (9-16) R-L Side Together Side Touch & Clap

- 1-4 Step RF to R side (1), close LF beside RF (2), step RF to R side (4), touch L toes beside RF and clap (4) 12.00
- 5-8 Step LF to L side (5), close RF beside LF (6), step LF to L side (7), touch R toes beside LF and clap (8) 12.00

#B3 (17-24) R-L Back Toe Struts

- 1-4 Touch R toes back (1), step RF in place (2), touch L toes back (3), step LF in place (4) 12.00
- 5-8 Touch R toes back (5), step RF in place (6), touch L toes back (7), step LF in place (8) 12.00

#B4 (25-32) R-L Side Together Side Touch & Clap

- 1-4 Step RF to R side (1), close LF beside RF (2), step RF to R side (4), touch L toes beside RF and clap (4) 12.00

5-8 Step LF to L side (5), close RF beside LF (6), step LF to L side (7), touch R toes beside LF and clap (8) 12.00

#B5 (33-40) R-L Sway with Hold (Agogo Style)

1-2 Sway hips to R side (1), hold for 1 count (2) - slide your index and middle fingers representing a 'peace' sign in front of your eyes (to the right side) 12.00
3-4 Sway hips to L side (3), hold for 1 count (4) - slide your index and middle fingers representing a 'peace' sign in front of your eyes (to the left side) 12.00
5-6 Sway hips to R side (5), hold for 1 count (6) - slide your index and middle fingers representing a 'peace' sign in front of your eyes (to the right side) 12.00
7-8 Sway hips to L side (7), hold for 1 count (8) - slide your index and middle fingers representing a 'peace' sign in front of your eyes (to the left side) 12.00

#B6 (41-48) L Diagonal with Forearm Movement, R Diagonal with Forearm Movement

1-4 Turn body to L diagonal clenching both fists and swing both forearms up and down alternately for 4 counts (1-2-3-4) 12.00
5-8 Turn body to R diagonal clenching both fists and swing both forearms up and down alternately for 4 counts (5-6-7-8) 12.00

#B7 (49-56) R-L Sway with Hold (Agogo Style)

1-2 Sway hips to R side (1), hold for 1 count (2) - slide your index and middle fingers representing a 'peace' sign in front of your eyes (to the right side) 12.00
3-4 Sway hips to L side (3), hold for 1 count (4) - slide your index and middle fingers representing a 'peace' sign in front of your eyes (to the left side) 12.00
5-6 Sway hips to R side (5), hold for 1 count (6) - slide your index and middle fingers representing a 'peace' sign in front of your eyes (to the right side) 12.00
7-8 Sway hips to L side (7), hold for 1 count (8) - slide your index and middle fingers representing a 'peace' sign in front of your eyes (to the left side) 12.00

#B8 (57-64) L Diagonal with Forearm Movement, R Diagonal with Forearm Movement

1-4 Turn body to L diagonal clenching both fists and swing both forearms up and down alternately for 4 counts (1-2-3-4) 12.00
5-8 Turn body to R diagonal clenching both fists and swing both forearms up and down alternately for 4 counts (5-6-7-8) 12.00

Part C (32 counts)

#C1 (1-8) R Slide, L Close, Hip Bumps L-R

1-4 Step RF to R side (1), slide L toes towards RF for 2 counts (2-3), close LF beside RF (4) 12.00
5-8 Bump hips to L-R-L-R (5-6-7-8) - with both hands doing akimbo 12.00

#C2 (9-16) L Slide, R Close, Hip Bumps R-L

1-4 Step LF to L side (1), slide R toes towards LF for 2 counts (2-3), close RF beside LF (4) 12.00
5-8 Bump hips to R-L-R-L (5-6-7-8) - with both hands doing akimbo 12.00

#C3 (17-24) R Jazz Box with Holds

1-4 Cross RF over LF (1), hold for 1 count (2), step LF back (3), hold for 1 count (4) 12.00
5-8 Step RF to R side (5), hold for 1 count (6), cross LF over RF (7), hold for 1 count (8) 12.00

#C4 (25-32) R-L Side Mambo with Holds

1-4 Rock RF to R side (1), recover weight on LF (2), close RF beside LF (3), hold for 1 count (4) - swing both fists to L side and return to centre 12.00
5-8 Rock LF to L side (5), recover weight on RF (6), close LF beside RF (7), hold for 1 count (8) - swing both fists to R side and return to centre 12.00

Ending: After R Jazz Box on Part C, step RF to R side while slide your index and middle fingers representing

a 'peace' sign in front of your eyes (to the right side) until the music fades off.
