

My Father And Me (P)

拍數: 64 牆數: 0 級數: Partner
編舞者: Hazel Pace (UK)
音樂: Seein' My Father In Me - Paul Overstreet



Position: Right Side by Side. Same step pattern for both
Adapted by Allan & Patricia Mitchell from Hazel's line dance

ROCK, RECOVER, ½ TURN, HOLD, CROSS, SIDE, BEHIND, HOLD

1-2 Rock forward on right, rock back on left
3-4 ½ turn right on ball of left foot stepping forward right, hold

Now facing RLOD in Left Side By Side

5-6 Cross left over right, step right to right side
7-8 Cross left behind right, hold

SWEEP BEHIND, SIDE, CROSS, HOLD, ROCK, RECOVER, ¼ TURN, HOLD

1-2 Sweep right foot behind left, step left to side
3-4 Cross right over left, hold
5-6 Rock forward on left, rock back on right
7-8 Step left to side making quarter turn left, hold

Now facing OLOD man behind lady

CROSS, SIDE, BEHIND, ¼ TURN, ¼ TURN ROCK, RECOVER, SIDE, HOLD

1-2 Cross right over left, step left to side
3-5 Cross right behind left, step left ¼ turn left, step right ¼ turn left

Release left hands, right arm over lady's head. Now facing ILOD

6 Rock back onto left
Take up left hands at waist level, lady behind man
7-8 Step right to right side, hold

BEHIND, SIDE, CROSS, SIDE, BEHIND, SIDE, CROSS, HITCH ¼ TURN RIGHT

1-2 Step left behind right, step right to side
3-4 Cross left over right, step right to side
5-8 Step left behind right, step right to side, cross left over right, on ball of left foot ¼ turn right hitching right knee

Now facing LOD in Right Side By Side

ROCK, RECOVER, BACK, TOGETHER, WALK, HOLD, WALK, HOLD

1-2 Rock forward on right, rock back on left, (small steps)
3-4 Step back on right, step left next to right
5-6 Step forward right, hold
7-8 Step forward left, hold
9-16 Repeat counts 33-40

ROCK, RECOVER, BACK, CROSS, BACK, CROSS, BACK, KICK

1-2 Rock forward on right, rock back on left
3-4 Step back on right, cross left over right
5-6 Step back on right, cross left over right
7-8 Step back on right, kick left forward

ROCK, RECOVER, ¼ TURN RIGHT, HOLD, ROCK, RECOVER, ¼ TURN LEFT

1-2 Rock back on left, rock forward on right

3-4 On ball of right make $\frac{1}{4}$ turn right stepping left to side, hold

Facing OLOD

5-6 Rock right behind left, rock forward on left

7-8 Step forward right. On ball of right make $\frac{1}{4}$ turn left stepping forward

Facing LOD

REPEAT

TAG

If dancing to "Seeing My Father In Me" by Paul Overstreet, add the tag after the 2nd sequence only

1-4 Rock forward on right, rock back on left, half turn right on ball of left foot stepping forward right, hold

5-8 Rock forward on left, rock back on right, half turn left on ball of right foot stepping forward left, hold
