

Pat's Old Friend

COPPER KNOB
BY STEPHEN METZ

拍數: 36 牆數: 4 級數: waltz
編舞者: Bob Staal (UK)
音樂: Old Friend - Scooter Lee



LEFT TO LEFT SIDE, SLIDE RIGHT TO LEFT, HOLD, ROCK RIGHT, LEFT, RIGHT

1-3 Step left foot to left side (1), slide right foot to touch beside left, hold (2, 3)
4-6 Rock right onto right foot, recover onto left, step rock right onto right foot

¼ TURN LEFT, SWEEP RIGHT FROM BACK TO FRONT, RIGHT CROSS, LEFT BACK, RIGHT SIDE

1-3 Step left ¼ turn left (1), sweep right in a wide arc from rear to front (2, 3)
4-6 Cross right over left, step back on left, step right to right side

STEP LEFT FORWARD, POINT RIGHT FORWARD & HOLD, ¼ BACK ON RIGHT SLIDE LEFT BESIDE RIGHT

1-3 Step left forward (1), point right forward & hold (2, 3)
4-6 Step back onto right foot ¼ turn to right, slide & touch left next to right with knee bent

½ TURN LEFT, SWEEP & STEP RIGHT FORWARD, ROCK LEFT, RIGHT, LEFT

1-3 Step left ½ turn left, sweep right round from rear to front stepping onto right
4-6 Rock left onto left, recover onto right, and recover onto left

SLOW RIGHT SAILOR STEP, SLOW LEFT SAILOR STEP

1-3 Rock right cross behind left, recover onto left, step right to right side
4-6 Rock left cross behind right, recover onto right, step left to left side

CROSS ROCK RIGHT FORWARD, ¼ TURN RIGHT BACK ON LEFT, STEP RIGHT TO RIGHT, ROCK LEFT FORWARD, RECOVER ON RIGHT, SLIDE LEFT NEXT TO RIGHT

1-3 Cross rock right over left, recover ¼ turn right onto left, step right to right side
4-7 Rock left across right, recover onto right, slide left toe to meet right toe

REPEAT

There is a natural break in the music which happens when you are facing the front wall. Wait, and restart as the music tells you.
