

Old Friend

拍數: 48 牆數: 4 級數: Easy Intermediate
編舞者: W.D. Chapman - August 2010
音樂: Old Friend (Competition Mix) - Scooter Lee : (Album: The Honky Tonk Twist...and then some)



– Dedicated to my Wife, Rosaline – my Best Friend – with love

[1–12] FORWARD,SIDE,ROCK,WEAVE LEFT,SIDE,DRAG,BACK,ROCK,TOUCH,HOLD

1-2-3 L Step forward to Right diagonal, R Rock-step to side Right, Recover onto L,
4-5-6 R Cross-step over L, L Step to side Left, R Cross-step behind L,
1-2-3 L large Step to side Left, R Drag toward L, R Rock-step back behind L,
4-5-6 Recover onto L, R Toe Touch to side Right (slightly raising L Heel), HOLD (lowering L Heel),

[13–24] CROSS,SIDE,ROCK,WEAVE RIGHT,SIDE,DRAG,BACK,ROCK,TOUCH,HOLD

1-2-3 R Cross-step over L, L Rock-step to side Left, Recover onto R,
4-5-6 L Cross-step over R, R Step to side Right, L Cross-step behind R,
1-2-3 R Large step to side Right, L Drag toward R, L Rock-step back behind R,
4-5-6 Recover onto R, L Toe Touch to side Left (slightly raising R Heel), HOLD (lowering R Heel),

[25–36] BACK,SIDE,ROCK,BACK,SIDE,ROCK,BACK,ROCK,FORWARD,STEP,1/4 PIVOT,CROSS

1-2-3 L Step back, R Rock-step to side Right, Recover onto L,
4-5-6 R Step back, L Rock-step to side Left, Recover onto R,
1-2-3 L Rock-step back, Recover onto R, L Step forward,
4-5-6 *R Step forward, Pivot 1/4 Turn Left, R Cross-step over L,
(* note WALL 2 - modification with Restart)
4-5-6 R Step forward Turning 1/4 Turn Left, Rock weight onto L, Recover onto R - RESTART

[37–48] SCISSOR STEP,SIDE,SWAY,SWAY,STEP,STEP 1/2 PIVOT,STEP,FULL TURN

1-2-3 L Step to side Left, R Step next to L, L Cross-step over R (scissor step),
4-5-6 R Step/sway to side Right, Sway hips to Left, Sway hips to Right,
1-2-3 L Step forward, R Step forward, Pivot 1/2 Turn Left,
4-5-6 R Step forward, (moving forward) Make a full 360 degree clockwise Turn stepping L-R;
(alternative to steps 4-5-6 - Basic waltz forward R-L-R)

Begin again

TAG: At the end of wall 3, dance the following 6 counts:

1-2-3 Waltz forward L-R-L,
4-5-6 Waltz back R-L-R,

NOTE: At the end of Wall 6 – there is a long pause in the song lasting for 15 counts at tempo. Do the following:

1-2-3 L Step forward, R Rock-step to side Right, Recover onto L,
4-5-6 Sway Right, HOLD on 5-6
1-2-3 Sway Left, HOLD on 2-3
4-5-6 Sway Right, HOLD on 5-6
1-2-3 Sway Left, HOLD, Sway Right - Start again from beginning

FINISH: (wall 7) - Dance to Count 48,THEN ADD the following -

1-2-3 L Step forward, Pivot 1/2 Turn Right, Turn 1/4 turn Right stepping L to side Left,
4-5-6 R Cross-step over front of L, HOLD on counts 5-6. - I hope you enjoy the Dance!

