

My Aching Back

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Low Intermediate WCS
編舞者: Carol Jorgensen (USA) - April 2014
音樂: My Aching Back - Phantom Blues Band



Intro: 32 counts

SUGAR PUSH, WALK BACK TWICE

1-2 Walk forward (RL)
3a4 Triple slightly forward and back (RLR)
5a6 Triple in place (anchor step) (LRL)
7-8 Walk back twice (RL)

COASTER STEP, HALF TURN RIGHT, TRIPLE FORWARD, KICK-BALL-CHANGE

1a2 Back coaster (RLR)
3-4 Step left foot forward, turn one half right, step onto right foot
5a6 Triple forward (LRL)
7a8 Kick-ball-change (RLR) [6:00]

SIDE-ROCK, SAILOR A QUARTER, FORWARD ROCK, COASTER

1-2 Right foot rock side, recover to left
3a4 Sailor shuffle, turning a quarter right □(RLR) □[9:00]
5-6 Forward rock-recover (LR)
7a8 Back coaster (LRL)

ROCK-RECOVER, HALF TURN RIGHT, TRIPLE FORWARD,, QUARTER TURN CROSSING TRIPLE, BACK ROCK-RECOVER

1-2 Right foot rock forward, recover to left
& Half turn right (weight on left)
3a4 Triple forward (RLR) □[3:00]
5a6 Quarter turn crossing chassé (LRL) □[6:00]
7-8 Back rock-recover, turning slightly diagonal right (RL)

RIGHT AND LEFT TOE TAPS WITH SAILOR STEPS

1-2 Tap right toe (inside edge) to right side twice
3a4 Right sailor shuffle
5-6 Tap left toe to left side twice
7a8 Left sailor shuffle (weight ends on left)

SYNCOPATED SLIDE BACK, HOLDS, ELVIS KNEES

&1-2 Right foot slide back (&), weight to left (1), hold (2)
3-4 Right knee in, hold
5-8 Elvis knees, left, right, left, right (weight to left)

Tags: At the end of wall 4 (after instrumental) and wall 6 (after vocal duet), dance two jazz squares for a total of 8 counts, then repeat dance from the beginning.

Ending: As the music fades, you will be facing the back wall. Keep dancing through the fades to face front, dance through count 16 (kick-ball-change), slide to the right and draw left foot to right.

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