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My Ole Friend<br>64 Count, 4 Wall, Improver<br>Choreographer: Rep Ghazali-Meaney \& Audrey Watson (UK) Mar 2017<br>Choreographed to: Automatic by Amy Macdonald

## 32 Count Intro

## Section 1. Weave, Back Kick, Back Kick.

1-2 Step right to right side, cross left behind right.
3-4 Step right to right side, cross left over right.
5-6 Turn $1 / 4$ left stepping back on right, kick left foot fwd.(Optional Clap hands on kick)
7-8 Step back on left, kick right foot fwd. (Optional Clap hands on kick)
Section 2. Rock Back, Recover, $1 / 2$ Turn, Hold, $1 / 4$ Turn, Touch, Side, Touch
1-2 Rock back Right, recover on Left
3-4 Turn $1 / 2$ turn Left by stepping back Right, hold
5-6 Turn $1 / 4$ left stepping Left to Left side, touch Right together
7-8 Step Right to Right side, touch Left together

## Section 3. Rumba Box Kick

1-2 Step Left to Left side, step Right together
3-4 Step forward left, touch Right together.
5-6 Step Right to Right side, step Left together
7-8 Step back on Right, kick Left foot fwd
Section 4. Back Rock, Step Touch, $1 / 4$ Monterey.
1-2 Rock back on left, recover fwd on right.
3-4 Step fwd on left, touch right next left.
5-6 Point right to right side, turning $1 / 4$ right step right next left.
7-8 Point left to left side, step left next right.

## Section 5. Side Behind $1 / 4$ Hold, Pivot $3 / 4$ Touch.

1-2 Step right to right side, cross left behind right.
3-4 Turn $1 / 4$ right stepping fwd on right, hold for a beat.
5-6 Step fwd on left, pivot $1 / 2$ right.
7-8 Turn $1 / 4$ right stepping left to left side, touch right next left.
****Re-Start the dance here from the beginning during Wall 5**** Facing 3 o'clock
Section 6. Side Rock, Recover, Cross, Hold, Side Rock, Recover, Cross, Hold
1-2 Right side rock, recover on Left
3-4 Cross Right over Left, hold for a beat.
5-6 Left side rock, recover on right
7-8 Cross left over right, hold for a beat
Section 7. Touch, Step, Touch, Kick, Back, Back, $1 / 2$ Turn, Scuff
1-2 Touch right toe behind left, step back right.
3-4 Touch left toe beside Right, kick forward Left
5-6 Step back Left, step back Right
7-8 $\quad 1 / 2$ turn Left stepping forward Left, scuff forward right.

## Section 8. Rocking Chair, Touch $1 / 4$ Hitch $\times 2$

1-2 Rock fwd on right, recover back on left.
3-4 Rock back on right, recover fwd on left.
5-6 $\quad 1 / 4$ left pointing right toe to right side, hitch right knee.
7-8 $\quad 1 / 4$ left pointing right toe to right side, hitch right knee.
Ending: Dance up to end of section 2, step fwd on left turn, $1 / 4$ right.

