

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

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**32 Count Intro** 

<b>Section 1.</b>	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 ¼ 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)
<b>Section 2</b> .	Rock Back, Recover, ½ Turn, Hold, ¼ Turn, Touch, Side, Touch
1-2	Rock back Right, recover on Left
3-4	Turn ½ turn Left by stepping back Right, hold
5-6	Turn ¼ left stepping Left to Left side, touch Right together
7-8	Step Right to Right side, touch Left together
<b>Section 3</b> .	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
<b>Section 4.</b>	Back Rock, Step Touch, ¼ 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 ¼ right step right next left.
7-8	Point left to left side, step left next right.
<b>Section 5.</b> 1-2 3-4 5-6 7-8	Side Behind ¼ Hold, Pivot ¾ Touch. Step right to right side, cross left behind right. Turn ¼ right stepping fwd on right, hold for a beat. Step fwd on left, pivot ½ right. Turn ¼ 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
<b>Section 6.</b>	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
<b>Section 7.</b>	<b>Touch, Step, Touch, Kick, Back, Back, ½ Turn, Scuff</b>
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	½ turn Left stepping forward Left, scuff forward right.
<b>Section 8.</b>	Rocking Chair, Touch ¼ Hitch x 2
1-2	Rock fwd on right, recover back on left.
3-4	Rock back on right, recover fwd on left.
5-6	¼ left pointing right toe to right side, hitch right knee.
7-8	¼ left pointing right toe to right side, hitch right knee.
Ending:	Dance up to end of section 2, step fwd on left turn, $\frac{1}{4}$ right.