

# My Father And Me

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Hazel Pace (UK)

Music: Seein' My Father In Me - Paul Overstreet



## **ROCK, RECOVER, HALF TURN, HOLD, CROSS, SIDE, BEHIND, HOLD**

- 1-2 Rock forward on right, rock back on left
- 3-4 Half turn right on ball of left foot stepping forward right, hold
- 5-6 Cross left over right, step right to right side
- 7-8 Cross left behind right, hold

## **SWEEP BEHIND, SIDE, CROSS, HOLD, ROCK, RECOVER, QUARTER TURN, HOLD**

- 1-2 Sweep right foot behind left, step left to side
- 3-4 Cross right over left, hold
- 5-6 Rock forward on left, rock back on right
- 7-8 Step left to side making quarter turn left, hold

## **CROSS, SIDE, BEHIND, QUARTER TURN, STEP, HALF PIVOT, QUARTER TURN, HOLD**

- 1-2 Cross right over left, step left to side
- 3-4 Cross right behind left, step left quarter turn left
- 5-6 Step forward right, half pivot left (weight on left)
- 7-8 Step right to side making quarter turn left, hold

## **BEHIND, SIDE, CROSS, SIDE, BEHIND, SIDE, CROSS, HITCH HALF TURN**

- 1-2 Step left behind right, step right to side
- 3-4 Cross left over right, step right to side
- 5-6 Step left behind right, step right to side
- 7-8 Cross left over right, on ball of left foot half turn left hitching right knee

## **ROCK, RECOVER, BACK, TOGETHER, WALK, HOLD, WALK, HOLD**

- 1-2 Rock forward on right, rock back on left, (small steps)
- 3-4 Step back on right, step left next to right
- 5-6 Step forward right, hold
- 7-8 Step forward left, hold

41-48 Repeat counts 33-40

## **ROCK, RECOVER, BACK, CROSS, BACK, CROSS, BACK, KICK**

- 1-2 Rock forward on right, rock back on left
- 3-4 Step back on right, cross left over right
- 5-6 Step back on right, cross left over right
- 7-8 Step back on right, kick left foot forward

## **ROCK, RECOVER, QUARTER TURN, HOLD, ROCK, RECOVER, QUARTER TURN TWICE**

- 1-2 Rock back on left, rock forward on right
- 3-4 On ball of right foot make quarter turn right stepping left to side, hold
- 5-6 Rock right behind left, rock forward on left
- 7 Step right to side making quarter turn left
- 8 On ball of right foot make quarter turn left stepping left to side

**REPEAT**

## **TAG**

**If dancing to "Seeing My Father In Me" by Paul Overstreet, add the tag after the 2nd sequence only**

- |     |   |
|-----|---|
| 1-2 | Rock forward on right, rock back on left                          |
| 3-4 | Half turn right on ball of left foot stepping forward right, hold |
| 5-6 | Rock forward on left, rock back on right                          |
| 7-8 | Half turn left on ball of right foot stepping forward left, hold  |
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