

# My Aching Back

**COPPER** KNOB  
STEPPERS

**Count:** 48

**Wall:** 2

**Level:** Low Intermediate WCS

**Choreographer:** Carol Jorgensen (USA) - April 2014

**Music:** 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)

## **SYNCOATED 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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