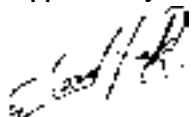




Approved by:



# Old Friend

## 4 WALL - 32 COUNTS - BEGINNER / INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b>	<b>Walk x 2, Rock 1/2 Turn Right, 1/2 Turn Right, Coaster Step</b>		
1 - 2	Walk forward right. Walk forward left.	Right Left	Forward
3 &	Rock forward on right. Rock back onto left.	Rock &	On the spot
4	Make 1/2 right stepping right forward.	Turn	Turning right
5 - 6	On ball of right make 1/2 turn right, stepping back onto left. Step right back.	Turn Back	
7 & 8	Step left back. Step right beside left. Step left forward.	Coaster Step	On the spot
<b>Section 2</b>	<b>Step, Pivot 1/4 Turn, Vine 1/4 Turn, Cross, Back, Shuffle 1/2 Turn</b>		
1 & 2	Step right forward. Pivot 1/4 turn left. Cross step right over left.	Step Pivot Cross	Turning left
3 & 4	Step left to left side. Cross right behind left. Step left 1/4 turn left.	Side Behind Turn	
5 - 6	Cross step right over left. Step left back.	Cross Back	Left
7 & 8	Shuffle 1/2 turn right, stepping - right, left, right.	Shuffle turn	Turning right
<b>Section 3</b>	<b>1/4 Turn Rock, Behind Side Cross, Rock, Behind Side Cross</b>		
1 - 2	Turn 1/4 right rocking left to left side. Rock onto right.	Turn Rock	Turning right
3 & 4	Cross left behind right. Step right to right side. Cross left over right.	Behind Side Cross	Right
5 - 6	Rock right to right side. Rock onto left.	Side Rock	
7 & 8	Cross right behind left. Step left to left side. Cross right over left.	Behind Side Cross	Left
<b>Section 4</b>	<b>Rock, Shuffle 1/2 Turn, Forward Coaster, Back Coaster</b>		
1 - 2	Rock forward on left. Rock back onto right.	Forward Rock	Forward
3 & 4	Shuffle 1/2 turn left, stepping - left, right, left.	Shuffle Turn	Turning left
5 & 6	Step right forward. Step left beside right. Step right back.	Coaster Step	On the spot
7 & 8	Step left back. Step right beside left. Step left forward.	Coaster Step	

**Choreographed by:** Ed Lawton (UK) April 2006

**Choreographed to:** 'My Old Friend' by Tim McGraw (96 bpm) from CD Live Like You Were Dying