

My Aching Back

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Count: 48

Wall: 2

Level: Low Intermediate WCS

Choreographer: Carol Jorgensen (April 2014)

Music: My Aching Back - Phantom Blues Band

Intro: 32 counts

SUGAR PUSH, WALK BACK TWICE

1-2 Walk forward (RL)

3a4Triple slightly forward and back (RLR)

5a6Triple in place (anchor step) (LRL)

7-8 Walk back twice (RL)

COASTER STEP, HALF TURN RIGHT, TRIPLE FORWARD, KICK-BALL-CHANGE

1a2Back coaster (RLR)

3-4 Step left foot forward, turn one half right, step onto right foot

5a6Triple forward (LRL)

7a8Kick-ball-change (RLR) [6:00]

SIDE-ROCK, SAILOR A QUARTER, FORWARD ROCK, COASTER

1-2 Right foot rock side, recover to left

3a4Sailor shuffle, turning a quarter right (RLR) [9:00]

5-6 Forward rock-recover (LR)

7a8Back 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)

3a4Triple 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)

SYNCOPATED 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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