

My Friend (A Dance For Connor)

Count: 48

Wand: 2

Ebene:

Choreograf/in: Kerri Limb (UK)

Musik: Every Day Every Night - Mark Pinellie



This dance is dedicated to Connor Friend, a six year old boy who tragically died in September 2001.

ROCK RECOVER, SHUFFLE FORWARD TWICE

- 1-2 Rock right foot out to right side recover on left
- 3-4 Shuffle forward right, left, right
- 5-6 Rock left foot out to left side recover on right
- 7-8 Shuffle forward left, right, left

STEP SIDE, BEHIND ¼ TURN SHUFFLE. STEP ½ TURN PIVOT, FULL TURN

- 1-2 Step right to right side, step left behind right
- 3-4 Making a ¼ turn to your right, shuffle forward on a right, left, right
- 5-6 Step forward on left foot make a ½ turn over right shoulder
- 7-8 Step forward on left foot making a full turn over right shoulder, step down on right foot

ROCK & CROSS TWICE BACK LOCK STEPS TWICE

- 1&2 Rock left out to left side, cross left over right
- 3&4 Rock right out to right side, cross right over left
- 5&6 Step back left, lock right in front of left, step back left
- 7&8 Step back right, lock left in front of right, step back right

JAZZ BOX WITH A SWEEP

- 1 Step forward on left foot
- 2 Sweep right foot past left foot
- 3 Cross right foot across left foot
- 4 Step left beside right foot

CHASSE RIGHT, ROCK BACK, CHASSE LEFT, ROCK BACK

- 1&2 Step right to right side, step left beside right, step right to right side
- 3-4 Rock back on left foot, recover on right
- 5&6 Step left to left side, step right beside left, step left to left side
- 7-8 Rock back on right foot, recover on left

½ TURN PIVOT, SHUFFLE FORWARD TWICE

- 1-2 Step forward on right foot, pivot ½ turn over left shoulder
- 3-4 Shuffle forward right, left, right
- 5-6 Step forward on left foot, pivot ½ turn over right shoulder
- 7-8 Shuffle forward left, right, left

½ TURN PIVOT, CROSS UNWIND ¾ TURN

- 1-2 Step forward on right foot, pivot ½ turn over left shoulder
- 3-4 Cross right foot over left, unwind ¾ turn over left shoulder

REPEAT