# Hello Friday (P)

Count: 32 Wall: 0 Level: Novice - Partner Choreographer: Gwendoline HOPIN (FR) & Laurent Chalon (BEL) - July 2024

Music: Hello Friday - Sheyna Gee

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Starting position: Side by Side LOD (Facing the line of dance)

## RF = Right Foot, LF = Left Foot, RH = Right Hand, LH = Left Hand

# SECTION 1: WALK, WALK, TRIPLE STEP FWD, STEP 1/4 TURN, CROSS & CROSS

- 1-2 Walk RF, Walk LF
- 3&4 Step RF forward, Step LF next to RF, Step RF forward
- 5-6 Step LF forward, Pivot 1/4 turn to the right
- 7&8 Cross LF over RF, Step RF to the right, Cross LF over RF

#### SECTION 2: SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, SAILOR STEP 1/4 TURN L

- 1-2 Step RF to the right, Recover onto LF
- 3&4 Cross RF behind LF, Step LF to the left, Cross RF over LF
- 5-6 Step LF to the left, Recover onto RF
- 7&8 Pivot 1/4 turn to the left and step LF behind, Step RF next to LF, Step LF forward

### SECTION 3: MAMBO STEP, COASTER STEP, WALK, WALK, KICK BALL STEP

- 1&2Step RF forward, Recover onto LF, Step RF back
- 3&4 Step LF back, Step RF next to LF, Step LF forward
- 5-6 Walk RF, Walk LF
- 7&8 Kick RF forward, Step ball of RF next to LF, Step LF forward
- \*Restart on walls 4 & 7\*

# SECTION 4: ROCK STEP, TRIPLE STEP 1/2 TURN R, TRIPLE STEP 1/2 TURN R, BACK ROCK STEP

- 1-2 Step RF forward, Recover onto LF
- 3&4 Step RF 1/4 turn to the right, Step LF next to RF, Step RF 1/4 turn to the right
- 5&6 Step LF 1/4 turn to the right, Step RF next to LF, Step LF 1/4 turn to the right
- 7-8 Step RF back, Recover onto LF

#### PARTNER:

Men: TRIPLE STEP BACK R & L, Release left hand. Women: Raise right arm to turn, no change in steps.

Easy Option: Modify TRIPLE STEP 1/2 TURN to TRIPLE STEP BACK R & L.

LINE DANCERS: Possibility to dance it in 4 walls. Modify SECTION 4 counts 5&6: LF TRIPLE 1/4 TURN R To continue the dance facing 9:00.

RESTART THE DANCE FROM THE BEGINNING RESTARTS : On the 4th wall: Restart after section 3 On the 7th wall: Restart after section 3



