

Best Friend

Compte: 64

Mur: 1

Niveau: Improver line/contra dance



Chorégraphe: Craig Cooke (UK)

Musique: One Way Ticket - LeAnn Rimes

Dedicated To Tye Kinton

RIGHT KICK BALL CHANGE TWICE, LEFT ½ PIVOT TURNS TWICE

- 1&2 Kick right foot forward, step right besides left, step left in place
- 3&4 Kick right foot forward, step right besides left, step left in place
- 5-6 Step forward on right, ½ pivot turn left
- 7-8 Step forward on right, ½ pivot turn left

RIGHT ROCK TRIPLE FULL TURN, LEFT ROCK TRIPLE FULL TURN

- 1-2 Rock forward on right, rock back onto left
- 3&4 Triple step making full turn stepping right, left, right
- 5-6 Rock forward on left, rock back onto right
- 7&8 Triple step making full turn stepping left, right, left

SIDE ROCK, CROSS, STEP, CROSS, SIDE ROCK CROSS, STEP, CROSS

- 1-2 Rock right out to right side, rock back onto left
- 3&4 Cross right over left, step left to left side, cross right over left
- 5-6 Rock left out to left side, rock back onto right
- 7&8 Cross left over right, step right to right side, cross left over right

ROCK, ROCK, STOMP, STOMP, STOMP, TWICE

- 1-2 Rock right out to right side, rock back onto left
- 3&4 Stomp right next to left, stomp left next to right, stomp right next to left
- 5-6 Rock left out to left side, rock back onto right
- 7&8 Stomp left next to right, stomp right next to left, stomp left next to right

STEP ½ PIVOT TWICE, JUMP FORWARD, HOLD, CLAP TWICE

- 1-2 Step forward on right, pivot ½ turn left
- 3-4 Repeat steps 1-2
- &5&6 Jump forward on right and left, hold, clap
- &7&8 Repeat steps & 5 & 6

ROCK FORWARD AND BACK, TRIPLE ½ TURN, ROCK FORWARD ON LEFT, LEFT COASTER STEP

- 1-2 Rock forward onto right, rock back on left
- 3&4 Triple ½ turn stepping right left right
- 5&6 Rock forward on left, back onto right
- 7&8 Step back on left, step right besides left, step forward on right

ROTATE HIPS TO THE LEFT 4 TIMES, (OVER 8 COUNTS) EACH ONE TAKES 2 COUNTS

- 1&2 Rotate hips to the left for 2 beats
- 3&4 Repeat steps 1&2
- 5&6 Repeat steps 3&4
- 7&8 Repeat steps 5&6

RIGHT ROCK FORWARD, RIGHT COASTER STEP, ½ PIVOT TURN, STOMP, TOUCH

- 1-2 Rock forward on right, rock back onto left
- 3&4 Step back on right, step left besides right, step forward on right

5-6 Step forward on left, pivot ½ turn to right
7&8 Stomp left next to right, touch right next to left

REPEAT

This dance can be danced as a contra-line dance. If used as a contra-line dance then change steps 5-6, 7&8 in section 7 to bum bumps backwards as you will be back to back with your partner. This just adds a little humor and fun to the dance.
