Friends

Compte: 32

Niveau: Easy Intermediate

Chorégraphe: Angels Guix (ES) - October 2012

Musique: Friends (feat. Rock Mafia) - Aura Dione

[1-8] SCUFF, HITCH, BACK, SIT & UP, KICK BALL CHANGE, STEP, FULL TURN, STEP BACK

- 1& Scuff RF forward, hitch RF
- Step RF back and bend right knee, straight knee to stand up 2&
- 3&4 Kick LF forward, step in place on ball of LF, step RF forward
- 5&6 Step LF forward, step RF together, step LF forward
- Step RF forward, ¹/₂ turn left and step on LF, ¹/₂ turn left and step RF back (look 12:00) 7&8

[9-16] SWEEP AND SAILOR STEP, ¼ TURN SAILOR STEP, WEAVE

- 1&2 Sweep LF from front to back and step behind RF, step on ball of RF to right, step LF to left 3&4 Step RF behind LF, 1/4 turn right and step on ball of LF to left, step RF to right diagonal (look 3:00)
- Step LF behind RF, step RF to right, cross LF over RF, step RF to right 5&6&
- 7&8 Step LF behind RF, step RF to right, cross LF over RF

[17-24] DIAGONALLY LOCK STEPS, PIVOT TURN, BALL CHANGES TO ½ TURN in a wide circle

- 1& Step RF diagonally right, lock LF behind RF
- 2& Step RF diagonally right, lock LF behind RF
- 3& Step RF diagonally right, lock LF behind RF
- 4,5 Step RF diagonally right, 1/2 turn left and step on LF (look 9:00)
- &6 Step on ball of RF to side and start turning the ¹/₂ turn in a wide circle, cross LF over RF
- &7 Step on ball of RF to side, cross LF over RF going on with the 1/2 turn
- &8 Step on ball of RF to side and turn 1/8 to left, cross LF over RF ending the 1/2 turn in a wide circle (look 3:00)

[25-32] ½ TURN JAZZ BOX x2, WALK x2, RUN BACKWARDS

- Cross RF over LF, ¼ turn right and step LF back, ¼ turn right and step RF right, step LF 1&2& forward (look 9:00)
- 3&4& Cross RF over LF, ¼ turn right and step LF back, ¼ turn right and step RF right, step LF forward (look 3:00)
- 5,6 Step RF forward, step LF forward
- 7&8& Step RF back, step LF back, step RF back, step LF back

Start again

Contact: Angels: (+34) 666771697 - ae@linedancepro.com - www.linedancepro.com





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