

A Friend To Me

COPPER KNOB
BY SHEETS

拍数: 48 墙数: 4 级数: Easy Intermediate
编舞者: Vikki Morris (UK) - March 2015
音乐: You've Been a Friend To Me - Bryan Adams



Start: 16 counts on vocals

S1: Cross Rock Right, Side Rock Right, Right Behind & Forward, Left Cross Rock, Left Side Rock, Left Behind & Cross

1&2& Cross rock Right over Left, Recover on Left, Rock Right to Right side, Recover on Left
3&4 Cross Right behind Left, Step Left to Left side, Step forward Right
5&6& Cross rock Left over Right, Recover on Right, Rock Left to Left side, Recover on Right
7&8 Cross Left behind Right, Step Right to Right side, Cross Left over Right

S2: ¼ Right Toe Strut, ¼ Right Left Toe Strut, ½ Right Toe Strut, Cross Rock, ¼ Left Toe Strut, ¼ Left Right Toe Strut, ½ Left Toe Strut, Cross Rock

1&2& Turn ¼ turn Right into Right toe strut, Turn ¼ turn Right into Left toe Strut
3&4& Turn ½ turn Right into Right toe Strut, Cross rock Left over Right, Recover on Right
5&6& Turn ¼ turn Left into Left toe strut, Turn ¼ Turn Left into Right toe Strut
7&8& Turn ½ turn Left into Left toe Strut, Cross rock Right over Left, Recover on Left

(optional: click fingers on turns)

(non turning option for 1&2&3&: Right Side Toe strut Left behind toe Strut, Right Side toe Strut)

(non turning option for 5&6&7&: Left Side toe strut, Right behind toe strut, Left side toe strut)

S3: Back Struts Right, Left, Right Coaster Step, Scuff Left, Left Lock Step, Scuff Right, Step ½ Pivot Left, Step Right

1&2& Touch Right toe back, Slap heel down, Touch Left toe back, Slap heel down
3&4& Step back on Right, Step Left next to Right, Step Right forward, Scuff Left
5&6& Step forward Left, Lock Right behind Left, Step forward Left, Scuff Right
7&8 Step forward Right, Pivot ½ turn Left, Step forward Right (6 o'clock)

S4: Step Left, Kick Right, Hitch Right, Back Right, Left Rock Back Recover, X2

1 Step forward Left
2&3 Kick Right forward, Hitch Right, Step back Right
4& Rock back on Left, Recover on Right
5 Step forward Left
6&7 Kick Right forward, Hitch Right, Step back Right
8& Rock back on Left, Recover on Right

S5: Left Lock Step, Step Pivot ¼ Left, Cross Right, ½ Left Rumba Box, Bump Right Hip Up Down Up Down

1&2 Step forward Left, Lock Right behind Left, Step forward Left
3&4 Step forward Right, Pivot ¼ Turn Left, Cross Right over Left (3 o'clock)
5&6 Step Left to Left side, Step Right next to Left, Step Left forward
7&8& Touch Right toe to Right Diagonal and bump Right hip up down up down

S6: Weave Right, Right Side Rock, Cross Right, Weave Left, Left Side Rock, Step Forward Left

1&2& Step Right to Right side, Cross Left behind Right, Step Right to Right side, Cross Left over Right
3&4 Rock Right to Right side, Recover on Left, Cross Right over Left
5&6& Step Left to Left side, Cross Right behind Left, Step Left to Left side, Cross Right over Left
7&8 Rock Left to Left side, Recover on Right, Step forward Left

Floor split: Half Past Nothin'

Start again and SMILE

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