

# Friend Zone

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 1      级数: Phrased Novice / Intermediate  
编舞者: Pim van Grootel (NL) & Bella Scholtz  - December 2015  
音乐: Friend Zone - Danielle Bradbery



Starts after: After 16 Counts - Sequence: A,B,C, A,B,C, B,Tag, C,C, B,B, A

## Part A: 32 counts

### A1: Heel Fwd, Touch, Side Touch, Kick Fwd, Close, Step Out, Bounce 2x, Sailor R, L, Close Step

1            RF□ Heel forward  
&            RF□ Touch next to LF  
2            RF□ Touch to right side  
&            RF□ Touch next to LF  
3            RF□ Kick forward  
&            RF□ Step next to LF  
4            LF□ Step to left side, Bounce the shoulders  
&            Bounce the shoulders  
5            RF□ Cross behind LF  
&            LF□ Small step to left side  
6            RF□ Small step to right side  
&            LF□ Cross behind RF  
7            RF□ Small step to right  
&            LF□ Small step to left  
8            RF□ Close next to LF

### A2: Heel Fwd, Touch, Side Touch, Kick Fwd, Close, Step Out, Bounce 2x, Sailor R, L, Close Step

1            LF□ Heel forward  
&            LF□ Touch next to RF  
2            LF□ Touch to left side  
&            LF□ Touch next to RF  
3            LF□ Kick forward  
&            LF□ Step next to RF  
4            RF□ Step to right side, Bounce the shoulders  
&            Bounce the shoulders  
5            LF□ Cross behind RF  
&            RF□ Small step to right side  
6            LF□ Small step to left side  
&            RF□ Cross behind LF  
7            LF□ Small step to left  
&            RF□ Small step to Right  
8            LF□ Close next to RF

### A3: Step Diagonal R, Sailor Step L, Step Diagonal L, Sailor Step R Turn 3/8 Turn R, Step Diagonal R, Sailor Step L 1/8 Turn R, Step Left Diagonal, Sailor Step R 1/2 Turn R

1            RF□ Step diagonal Right forward□(1.30)  
2            LF□ Cross behind RF  
&            RF□ Small step to right side  
3            LF□ Step diagonal Left forward□□(10.30)  
4            RF□ Cross behind LF  
&            LF□ 1/4 Turn Right, Stepping in place  
5            RF□ Step diagonal Right forward□(4.30)  
6            LF□ Cross behind RF

- & RF □ 1/8 Turn Right, Stepping forward □ (6.00)
- 7 LF □ Step diagonal Left forward
- 8 RF □ Cross behind LF
- & LF □ 1/4 Turn Right, Stepping in place □ (3.00)
- 1 RF □ 1/4 Turn Right, Stepping forward □ (12.00)

**A4: Walk L Fwd, Mambo R, Step Back, Bounce 2x, Diagonal L Back, Touch, Diagonal R Back, Touch, Coaster Step**

- 2 LF □ Step forward
- 3 RF □ Step forward
- & LF □ Recover weight
- 4 RF □ Step backwards, Bounce Shoulders
- & Bounce Shoulders
- 5 LF □ Step diagonal Left backwards
- 7 RF □ Touch next to LF
- 6 RF □ Step diagonal Right backwards
- & LF □ Touch next to RF
- 7 LF □ Step backwards
- & RF □ Close next to LF
- 8 LF □ Step forward

**Part B: 16 counts**

**B1: Side Step, Together, Cross, 1/4 Turn L, Step 1/2 Turn L, 1/4 Turn L, Touch, Side Step, Cross, Side, Behind**

- 1 RF □ Step to right side
- 2 LF □ Close next to RF
- & RF □ Cross over LF
- 3 LF □ 1/4 Turn Left, Stepping forward □ (9.00)
- 4 RF □ Step forward
- & LF □ 1/2 Turn L, Stepping forward □ (3.00)
- 5 RF □ 1/4 Turn L, Stepping to right side □ (12.00)
- & LF □ Touch next to RF
- 6 LF □ Step to left side
- 7 RF □ Cross over LF
- & LF □ Step to left side
- 8 RF □ Cross behind LF

**B2: Rock Side, 1/4 Turn R, 3/4 Turn R, Cross Step, Step Back 1/4 Turn L, 1/4 Turn L, 1/2 Turn L, Walk L,R,L**

- 1 LF □ Big step to left side
- 2 RF □ 1/4 Turn Right, Stepping forward □ (3.00)
- 3 LF □ 1/2 Turn Right, Stepping backwards □ (9.00)
- & RF □ 1/4 Turn Right, Stepping to right side □ (12.00)
- 4 LF □ Cross over RF
- 5 RF □ 1/4 Turn Left, Stepping backwards □ (9.00)
- 6 LF □ 1/4 Turn Left, Stepping forward □ (6.00)
- 7 RF □ 1/2 Turn Left, Stepping backwards □ (12.00)
- & LF □ Small step backwards
- 8 RF □ Small step backwards
- & LF □ Small step backwards

**Part C: 16 counts**

**C1: Step Side, Hip Rolls, Weight Change, Hip Rolls, Ball Cross**

- 1 RF □ Step to right side
- 2 Roll hips
- 3 Roll hips

- 4 Roll hips
- 5 LF☐Recover weight
- 6 Roll hips
- 7 Roll hips
- & RF☐Close next to LF
- 8 LF☐Cross over RF

**C2: Step Diagonal R Fwd, Touch, Step Diagonal L Fwd, Touch, 2X Step Fwd ½ Turn L, Step Fwd ½ Turn L, Touch**

- 1 RF☐Step diagonal Right forward
- & LF☐Touch next RF
- 2 LF☐Step diagonal Left forward
- & RF☐Touch next to LF
- 3 RF☐Step diagonal Right forward
- & LF☐Touch next to RF
- 4 LF☐Step diagonal Left forward
- & RF☐Touch next to LF
- 5 RF☐Step forward
- 6 LF☐½ Turn Left, Stepping forward
- 7 RF☐Step forward
- & LF☐½ Turn Left, Stepping forward
- 8 RF☐Touch next to LF

**NOTE'S:**

**Tag: The Tag will take place after doing part B for the third time, (you have done A,B,C,A,B,C,B) doing the following steps:**

**Step Side, Touch, Step Side, Touch**

- 1 RF☐Step to right side
- 2 LF☐Touch to left side
- 3 LF☐Step to left side
- 4 RF☐Touch to right side

**After this Tag you will continue the dance with part C.**

**Have Fun, Good Luck and Enjoy**

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