

Trouble Is A Friend

拍数: 32 墙数: 4 级数: Improver
编舞者: Janice Chin (MY) - May 2016
音乐: Trouble Is a Friend - Lenka



Dance Start after 16 counts.

PART A (32 counts)

Section A1: □Box Step

1 2 Step RF to R, Step LF next to RF
3 4 Step RF Forward, Hold
5 6 Step LF to L, Step RF next to LF
7 8 Step LF Back, Hold

Section A2: □Step, Brush

1 2 Step on RF, Brush LF Forward
3 4 Step on LF, Brush RF Forward
5 6 Step on RF, Brush LF Forward
7 8 Step on LF, Brush RF Forward

Section A3: □¼ Turn Step Touch, ½ Turn Step Touch

1 2 3 4 1/4R Turn Step RF Forward, Step LF Forward, Touch RF behind LF, Step RF Down
5 6 7 8 1/2L Turn step LF Forward, Step RF forward, Touch LF behind RF, Step LF Down

Section A4: □Toe Struck, A-go-go Step

1 2 3 4 Touch on Right Toe, Step on RF, Touch on Left Toe, Step on LF
5 & 6 Step RF to R, Step on ball on LF, Step RF in place
7 & 8 LF to L, Step on ball on RF, Step LF in place

TAG 1 – Wall 4 (8 counts) (3:00)

Side Rock Recover, Step, Hold

1 2 3 4 Step RF to R, Recover on LF, Step RF next to LF, Hold
5 6 7 8 Step LF to L, Recover on RF, Step LF next to RF, Hold

TAG 2 – wall 8 (42 counts) (3:00)

Section T1 □Step Together, Step Brush

1 2 3 4 Step RF to R, Step LF next to RF, Step RF to R, Brush LF Forward
5 6 7 8 Step LF to L, Step RF next to LF, Step LF to L, Brush RF Forward

Section T2: □Side Rock Recover, Step, Hold

1 2 3 4 Step RF to R, Recover on LF, Step RF next to LF, Hold
5 6 7 8 Step LF to L, Recover on RF, Step LF next to RF, Hold

Section T3: □Paddle

1 2 3 4 Step RF Forward, 1/4L Turn, Step RF Forward, 1/4L Turn
5 6 7 8 Step RF Forward, 1/4L Turn, Step RF Forward, 1/4L Turn

Section T4 □Repeat Section T1

Section T5 □Repeat Section T2

Section T6 □Repeat Section T3

Section T7 □Forward Rock, Step, Touch, Back Rock, Step, Touch

1 2 3 4 Rock RF Forward, Recover on LF, Step RF back, Touch LF beside RF
5 6 7 8 Rock LF Back, Recover on RF, Step LF Forward, Touch RF beside LF

Repeat Dance Again

ENDING: At last wall (10th wall facing 6:00) dance to Section 4, finish the last 4 counts at front wall (12:00)

□□

(Count 5&6, 7&8 – A go-go Step, make it 1/2R Turn and finish the dance at 12:00)

Enjoy!

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