

Friends

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: Ambros Sillero (IT) - May 2017
音乐: You've Been a Friend To Me - Bryan Adams



Step sheet by: Xavi Barrera

This choreography is formed by a stanza A, of 32 counts, and a stanza B, of 32 counts.
There is a variation of B (b) that consists of dancing only the first 16 counts of B, adding a stomp at the end.

Sequence: ABB – ABB –ABBB - ABBBb

Part A: 32 counts

A: HEEL STRUT x 2, SWIVELS, ½ TURN SWIVELS

- 1- Touch right heel forward
- 2- Lower right foot
- 3- Touch left heel forward
- 4- Lower left foot
- 5- Step right forward and move both heels to the right at the same time
- 6- Recover both heels to center
- 7- Move both heels to the right
- 8- Keep moving both heels until complete ½ turn to the left

A: L HEEL STRUT x 2, SWIVELS, ½ TURN SWIVELS

- 9- Touch right heel forward
- 10- Lower right foot
- 11- Touch left heel forward
- 12- Lower left foot
- 13- Step right forward and move both heels to the right at the same time
- 14- Recover both heels to center
- 15- Move both heels to the right
- 16- Keep moving both heels until complete ½ turn to the left

A: ½ TURN TOE STRUT x 2, GRAPVINE SCUFF

- 17- Touch right toe forward
- 18- Lower right heel, turning ½ turn to the left at the same time
- 19- Touch left toe back
- 20- Lower left heel, turning ½ turn to the left at the same time
- 21- Step right to the right
- 22- Cross left behind the right
- 23- Step right to the right
- 24- Scuff left beside the right

A: ROCK STEP x 2, SLIDE AND SWIVEL

- 25- Rock left crossed over the right
- 26- Recover your weight on to the right
- 27- Rock left crossed over the right
- 28- Recover your weight on to the right
- 29- Slide left to the left and move right toe to the left at the same time
- 30- Slide left to the left and move right heel to the left at the same time
- 31- Slide left to the left and move right toe to the left at the same time
- 32- Slide left to the left and move right heel to the left at the same time

Part B: 32 counts

B: ROCK STEP, STEP, HOLD, ROCK STEP, TOE STRUT

- 1- Rock right crossed behind the left
- 2- Recover your weight on to the left
- 3- Step right beside the left
- 4- Hold
- 5- Rock left crossed behind the right
- 6- Recover your weight on to the right
- 7- Touch left toe beside the right
- 8- Lower left heel

B: ½ TURN TOE STRUT, TOE STRUT, ½ TURN STEP x 3, STOMP

- 9- Turning ½ turn to the left, touch right toe forward
- 10- Lower right heel
- 11- Touch left toe beside the right
- 12- Lower left heel
- 13- Step right back, turning ½ turn to the right at the same time
- 14- Step left forward, turning ½ turn to the right at the same time
- 15- Step right back, turning ½ turn to the right at the same time
- 16- Step left beside the right

B: TOE-CROSS x 3, ¼ TURN HITCH, ¼ TURN STOMP

- 17- Touch right toe to the right
- 18- Cross right behind the left
- 19- Touch left toe to the left
- 20- Cross left behind the right
- 21- Touch right toe to the right
- 22- Cross right behind the left
- 23- Raise left knee and jump ¼ turn to the left on to the right foot.
- 24- Stomp left forward, turning ¼ turn to the left at the same time

B: GRAPEVINE, ROLLING GRAPEVINE

- 25- Step right to the right
- 26- Cross left behind the right
- 27- Step right to the right
- 28- Touch left toe beside the right
- 29- Lower left heel, turning ¼ turn to the left at the same time
- 30- Step right forward, turning ½ turn to the left at the same time
- 31- Step left back, turning ¼ turn to the left at the same time
- 32- Stomp right beside the left

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