

Best Friend

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Best Friend (feat. NERVO, The Knocks & Alisa Ueno) - Sofi Tukker



Intro : 32 counts.- No tag, no restart.

[1-8] 2X (KICK, TOGETHER), STEP FWD, HEELS SWIVEL, RECOVER, SYNCOPATED HALF JAZZ-BOX, FLICK, STEPFWD, HEELS SWIVEL, RECOVER

1& Kick R forward, step R together L
2& Kick L forward, step L together R
3&4 Step R forward, heels swivel to right, return to center
5&6 Cross R over L, step L back, step R to side
&7 Flick L back/outside, step L forward
&8 Heels swivel to left, return to center

[9-16] COASTER STEP, LOCK STEP, STOMP, 3X (HEEL BOUNCE) in 1/4 TURN L, SAILOR STEP

1&2 Step L back, step R together, step L forward
&3-4 Cross R behind L, step L forward, stomp R forward
5&6 3 bounces heels on the floor in 1/4 turn to left
7&8 Cross L behind R, step R to side, step L lightly forward diagonally to left

[17-24] CROSS, 1/4 TURN L and STEP FWD, 1/2 TURN L and STEP BACK, BEHIND-SIDE-CROSS, OUT-OUT, IN-IN, TOUCH and TOUCH

&1-2 Cross step R behind L, 1/4 turn to left and step L forward, 1/2 turn to left and step R back
3&4 Cross step L behind R, step R to side, cross step L over R
5&6& Step R to side, step L to side, step R return to center, step L return to center
7&8 Touch R to side, step R together L, touch L to side

[25-32] CROSS ROCK L OVER R, WEAVE to L ENDING with HITCH, 1/4 TURN L and STEP FWD, 1/2 TURN L and STEP BACK, SHUFFLE L in 1/2 TURN L

1-2 Cross rock step L over R, recover on R
&3&4 Step L to side, cross step R over L, step L to side, cross step R behind L with hitch L
5-6 1/4 turn to left and step L forward, 1/2 turn to left and step R back
7&8 Shuffle L,R,L in 1/2 turn to left

REPEAT AND HAVE FUN !

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