

Be Your Friend

COPPERKNOB
BY STEPSHEETS

拍数: 96 墙数: 2 级数: Phrased Advanced
编舞者: Jannie Tofte Stoian (DK) - August 2019
音乐: Be Your Friend □□ - Vigiland & Alexander Tidebrink : (iTunes)



Phrasing: A, B, A, A, C, TAG, A, B, A, A, C, C

Intro: 16 counts intro (app. 7 seconds). Starts on singing

Note: All directions will be with starting point 12:00

WDM 2019 Advanced Non-Country Choreography Winner

PART A

[1-8] Cross side, Sailor step, Cross side, Sailor ¼ L

1-2 Cross R over L (1), step L to L side (2) 12:00
3&4 Cross R behind L (3), step L to L side (&), step R (slightly diagonally) to R side(4) 12:00
5-6 Cross L over R (5), step R to R side (6) 12:00
7&8 Cross L behind R (7), start turning ¼ L stepping R to R side (&), finish ¼ L stepping L fw 09:00

[9-16] Rock step, Triple full R, Rock step, Chassé ¼ L

1-2 Rock R fw (1), recover onto L (2) 09:00
3&4 Triple full turn R on the spot going R (3), L (&), R (4) 09:00
5-6 Rock L fw (5), recover onto R (6) 09:00
7&8 Turn ¼ L stepping L to L side (7), step R next to L (&), step L to L side (8) 06:00

[17-24] Cross side, Sailor ½ R cross, Side rock, Ball side together

1-2 Cross R over L (1), step L to L side (2) 06:00
3&4 Cross R behind L (3), turn ¼ R stepping L next to R (&), turn ¼ R crossing R over L 12:00
5-6 Rock L to L side (5), recover onto R (6) 12:00
&7-8 Step L next to R (&), step R to R side (7), step L next to R (8) angle your body slightly L 12:00

[25-32] Vaudeville x2, Heel switches x2, Step ½ L

1&2& Cross R over L (1), step L slightly back (&), step R heel to R diagonal (2), step R down (&) 12:00
3&4& Repeat with L 12:00
5&6& Step R heel fw (5), step R back to center (&), step L heel fw (6), step L back to center (&) 12:00
7-8 Step R fw, turn ½ L stepping onto L 06:00

PART B

[1-8] Jazz box cross, Vine R

1-4 Cross R over L (1), step L back (2), step R to R side (3), cross L over R (4) 12:00
5-8 Step R to R side (5), cross L behind R (6), step R to R side (7), cross L over R (8) 12:00

[9-16] Chassé ¼ L, Backwards rocking chair, Out out in in

1&2 Step R to R side (1), step L next to R (&), turn ¼ L stepping R back (2) 09:00
3-6 Rock L back (3), recover onto R (4), rock L fw (5), recover onto R (6) 09:00
&7&8 Step L out (&), step R out (7), step L in (&), step R in (8) 09:00

[17-24] Back rock, Shuffle ½ R, Back rock, Shuffle ½ L

1-2 Rock L back (1), recover onto R (2) 09:00
3&4 Turn ¼ R stepping to L side (3), step R next to L (&), turn ¼ R stepping L back (4) 03:00

- 5-6 Rock R back (5), recover onto L (6) 03:00
7&8 Turn ¼ L stepping R to R side (7), step L next to R (&), turn ¼ L stepping R back 09:00

[25-32] Back rock, Step ¼ R, Ball slide collect

- 1-2 Rock L back (1), recover onto R (2) 09:00
3-4 Step L fw (3), turn ¼ R stepping onto R (4) 12:00
&5-8& Step L next to R (&) step R a big step to R side dragging L tw R (5-8) step L next to R (&) 12:00

PART C

[1-8] Rock step, Out out, Heel lifts, Sailor Volta ¾ R

- 1-2 Rock R fw (1), recover onto L (2) 12:00
&3 Step R back and out (&), step L back and out (3) 12:00
&4 Lift both heels off floor – knees bent (&), set both heels back down (4) (weight L) 12:00
5&6 Cross R behind L(5), start turning ¼ R stepping L slightly back (&), finish ¼ R crossing R over L (6) 03:00
&7&8 Turn ¼ R stepping L slightly L (&), cross R over L (7) – repeat for &8 note: small crosses 09:00

[9-16] Rock step, Ball point body roll, Sailor ¼ L cross, Side switches

- 1-2 Rock L fw (1), recover onto R (2) 09:00
&3-4 Step L next to R (&), point R back (3), body roll from head down (or just step down on R) (4) 09:00
5&6 Cross L behind R (5), start turning ¼ L stepping R slightly back (&), cross L over R (6) 06:00
7&8& Point R to R side (7), step R next to L (&), point L to L side (8), step L next to R (8) 06:00

[17-24] Rock step, Out out, Heel lifts, Sailor Volta ¾ R

- 1-8 Repeat counts 1-8 03:00

[25-32] Vaudeville x2, Jazz box ¼ L touch

- 1&2& Cross L over R (1), step R slightly back (&), step L heel to L diagonal (2), step L down (&) 03:00
3&4& Repeat with R 03:00
5-8 Cross L over R (5), step R back (6), turn ¼ L stepping L to L side (7), touch R next to L (8) 12:00

Tag: Rocking chair - facing 06:00

- 1-4 Rock R fw (1), recover onto L (2), rock R back (3), recover onto L (4) 06:00

Good luck & enjoy!

Last Update – 21 Aug. 2019
