

# Today is Friday

**COPPER** KNOB  
STEPSHEETS

拍数: 32                      墙数: 2                      级数: Improver Contra  
编舞者: Karianne Heimvik (NOR) & Tom Inge Soenju (NOR) - September 2019  
音乐: Hoy Es Viernes - Chucho Flash



**Note: Made as a contra but can of course be danced on lines as well.**

**Intro: 16 counts**

**Sequence: Repeating sequence**

**Tag/Restart: No tags or restarts**

**End: Dance as normal till music ends.**

## **Section 1: F R MAMBO STEP, COASTER CROSS, SIDE-TOGETHER, B SHUFFLE**

1 & 2                      Rock fwd on RF, Recover weight onto LF, Step back on RF  
3 & 4                      Step back on LF, Step RF next to LF, Cross LF over RF  
5 - 6                      Step RF to R side, Step LF next to RF  
7 & 8                      Step back on RF, Step LF next to RF, Step back on RF

## **Section 2: SIDE-TOGETHER, L CHASSÉ, POINT-¼ PADDLE L TURN X4**

1 - 2                      Step LF to L side, Step RF next to LF  
3 & 4                      Step LF to L side, Step RF next to LF, Step LF to L side  
5 &                      Point toes of RF fwd and make a ¼ L turn (F09:00)  
6 &                      Point toes of RF fwd and make a ¼ L turn (F06:00)  
7 &                      Point toes of RF fwd and make a ¼ L turn (F03:00)  
8 &                      Point toes of RF fwd and make a ¼ L turn (F12:00)

## **Section 3: CROSS-SAMBA X 2 (R/L), FWD SHUFFLE X 2 (R/L)**

1 & 2                      Cross RF over LF, Rock ball of LF to L side, Recover weight onto RF  
3 & 4                      Cross LF over RF, Rock ball of RF to R side, Recover weight onto LF  
5 & 6                      Step fwd on RF, Step LF next to RF, Step fwd on RF  
7 & 8                      Step fwd on LF, Step RF next to LF, Step fwd on LF

**Optional during C5-8 if you dance contra: High five the people you pass with a big smile :-)**

## **Section 4: R CROSS, ½ R TURN (¼, ¼), TOUCH, FULL L SHUFFLE TURN**

1 - 2                      Cross RF over LF, ¼ R turn stepping back onto LF (F03:00)  
3 - 4                      ¼ R turn stepping fwd on RF, Touch LF next to RF (F06:00)  
5&                      ¼ L turn stepping fwd on LF, Step RF next to LF (F09:00)  
6&                      ¼ L turn stepping fwd on LF, Step RF next to LF (F12:00)  
7&                      ¼ L turn stepping fwd on LF, Step RF next to LF (F03:00)  
8                      ¼ L turn stepping fwd on LF (F06:00)

**Start again and enjoy! Happy Dancing!**

**Contact: If anything is unclear or if you would like additional information, please contact us:**

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