

Friends

拍数: 32 墙数: 4 级数: Easy Improver
编舞者: Bonita Malone (USA) - January 2020
音乐: Friends - Ella Henderson



#8 count introduction - No Tags, No Restarts

R SIDE CHASSE', COASTER STEP, FWD SHUFFLE, FRT MAMBO RECOVER 1/4

1&2 Step R (1), close L next to R (&), step R side (2)
3&4 Coaster step LRL (3&4)
5&6 Step R fwd (5), shuffle (&6)
7&8 Rock fwd L (7), recover R (&), ¼ turn L (8) [9:00]

STEP R CROSS FRT, STEP BACK L, SIDE R, STEP L CROSS FRT, STEP R SIDE, STEP L CROSS FRT, STEP BACK R, STEP L SIDE, STEP R CROSS FRT, STEP L SIDE

12& Step R cross frt (1), step back L (2), step R side (&)
34 Step L cross frt (3), step R side (4)
56& Step L cross frt (5), step back R (6), step L side (&)
78 Step R cross frt (7), step L side (8)

R CROSS BACK, L SIDE, STEP R CROSS FRT, ROCK L SIDE, RECOVER, STEP L CROSS FRT, ¼ TURN R SHUFFLE PIVOT ½ TURN, STEP L FWD

1&2 Step R cross back (1), step L side (&), step R cross frt (2)
3&4 Rock L side (3), recover R (&), step L cross frt (4)
5&6 ¼ turn step R (5), shuffle (&6) [12:00]
7&8 Pivot ½ turn L,R (7&), step fwd L (8) [6:00]

3 DOROTHY STEPS, ROCK L FWD, RECOVER, STEP BACK L ¼ TURN TO R

12& Step R (1), lock L behind R (2), step R (&)
34& Step L (3), lock R behind L (4), step L (&)
56& Step R (5), lock L behind R (6), step R (&)
78& Rock fwd L (7), recover R (8), step back L ¼ turn to R [9:00]
