

Friday Me

拍数: 48 墙数: 0 级数: Phrased Low Intermediate
编舞者: Pat Esper (USA) - June 2021
音乐: Friday Coming On (feat. Moonshine Bandits) - Dusty Leigh & Brandon Hartt



Dance Map: A-B - A-A-B - A-A-B - A-A-B

Phrase A

[1-8]: Mambo forward, Mambo back, Side rock, Recover, Cross, Turn, Turn

- 1&2 Rock the right foot forward, Recover onto the left foot, Step the right foot next to the left.
3&4 Rock back on the left foot, Recover onto the right foot, Step the left foot next to the right.
5&6 Rock the right foot to the side, Recover onto the left foot, Step the right foot across the left.
5-6 Step back on the left foot. Step back on the right foot.
7-8 Step back on the left foot while turning a quarter turn to the right. Turn a quarter turn to the right and step forward on the right foot.

[9-16]: Crossing triple, Sway, Sway, Weave, Turn step, Touch

- 1&2 Step the left foot across the right, Step the right foot to the side, Step the left foot across the right.
3-4 Step the right foot to the side as you sway the hips to the right. Sway the hips to the left.
5&6 Step the right foot behind the left, Step the left foot to the side, Step the right foot across the right.
7-8 Turn a quarter turn to the left and step forward on the left foot. Touch the right foot next to the left.

[17-24]: Heel switches, Heel swivel turn, Sailor step, Sailor step

- 1&2& Touch the right heel forward, Step the right next to the left, Touch the left heel forward, Step the left next to the right.
3&4 Swivel the heels to the left making an eighth turn to the right, Swivel the heels to the right, Swivel the heels to the left making an eighth turn to the right ending with the weight on the left foot.
5&6 Step the right foot behind the left, Step the left foot to the side, Step in place on the right.
7&8 Step the left foot behind the right, Step the right foot to the side, Step in place on the left.

[25-32]: Step, Roll, Step, Roll, Wizard, Wizard

- 1-2 Step forward on the right foot. Roll the hips counterclockwise making an eighth turn left.
3-4 Step forward on the right foot. Roll the hips counterclockwise making an eighth turn left.
5-6& Step forward on the right foot. Step the left foot behind the right foot (lock step), Step forward on the right foot.
7-8& Step forward on the left foot. Step the right foot behind the left foot (lock step), Step forward on the left foot.

Phrase B

[1-8]: Kick-ball-cross, Step, Slide, Touch, Kick-ball-cross, Step, Slide, Touch

- 1&2 Kick the right foot forward, Step onto the ball of the right foot, Step the left foot across the right.
3-4 Step the right foot to the side. Slide the left foot next to the right ending as a touch.
5&6 Kick the left foot forward, Step onto the ball of the left foot, Step the right foot across the left.
7-8 Step the left foot to the side. Slide the right foot next to the left ending as a touch.

[9-16]: Rock, Recover, Rolling half turn triple, Rolling half turn triple, Rock back, Recover

- 1-2 Rock forward on the right foot. Recover onto the left foot.

- 3&4 Turn a quarter turn to the right stepping the right foot to the side, Step the left foot next to the right, Turn a quarter turn to the right stepping forward on the right foot.
- 5&6 Turn a quarter turn to the right stepping the left foot to the side, Step the right foot next to the left, Turn a quarter turn to the right stepping back on the left foot.
- 7-8 Rock back on the right foot. Recover on the left foot.

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