

# The Friend Zone

拍数: 128      墙数: 2      级数: Phrased Advanced  
编舞者: Kirsten Matthiessen (DK) - June 2022  
音乐: Just a Friend - AJ Moreno & Rak-Su



**Intro: 16 counts (app. 8 seconds into track)**

**Sequence: ½A, B, A, B, ½A, A**

**[1-8] Rock w/ hitch x2, shuffle fw, step turn ¼ R, cross**

1&2&      Rock R fw, recover onto L, hitch R, step R next to L 12:00  
3&4&      Rock L fw, recover onto R, hitch L, step L next to R 12:00  
5&6      Step R fw, step L next to R, step R fw 12:00  
7&8      Step L fw, turn ¼ R transferring weight onto R, cross L over R 03:00

**[9-16] Step sweep ½ L, cross shuffle, rock recover ¼ L w/ heel grind, coaster step**

1-2      Turn ¼ L stepping R back beginning a CCW sweep with L, continuing the sweep turn another ¼ L stepping L to L side - 09:00  
3&4      Cross R over L, step L to L side, cross R over L 09:00  
5-6      Rock L to L side, ¼ L recover onto R grinding L heel 06:00  
7&8      Step L back, step R next to L, step L fw 06:00

**[17-24] Repeat the first 16 counts: Rock w/ hitch x2, shuffle fw, step turn ¼ R, cross**

1&2&      Rock R fw, recover onto L, hitch R, step R next to L 06:00  
3&4&      Rock L fw, recover onto R, hitch L, step L next to R 06:00  
5&6      Step R fw, step L next to R, step R fw 06:00  
7&8      Step L fw, turn ¼ R transferring weight onto R, cross L over R 09:00

**[25-32] Step sweep ½ L, cross shuffle, rock recover ¼ L w/ heel grind, coaster step**

1-2      Turn ¼ L stepping R back beginning a CCW sweep with L, continuing the sweep turn another ¼ L stepping L to L side - 03:00  
3&4      Cross R over L, step L to L side, cross R over L 03:00  
5-6      Rock L to L side, ¼ L recover onto R grinding L heel 12:00  
7&8      Step L back, step R next to L, step L fw

**First and third time you will only dance part A up to this point - The remaining 32 counts will only be danced starting at the back wall) 12:00**

**[33-40] Hitch ball point x2, touch unwind ½ R, step touch x2**

1&2      Hitch R, step R next to L, point L to L side 12:00  
3&4      Hitch L, step L next to R, point R to R side 12:00  
5-6      Touch R behind L, unwind ½ R transferring weight onto R 06:00  
&7&8      Step L diagonally fw, touch R next to L, step R diagonally fw, touch L next to R 06:00

**[41-48] Ball cross rock, chasse ¼ R, step turn ½ R, step together**

&1-2      Step L next to R, cross rock R over L, recover onto L 06:00  
3&4      Step R to R side, step L next to R, turn ¼ R stepping R fw 09:00  
5-6      Step L fw, turn ½ R stepping onto R 03:00  
7-8      Big step fw L (optional body roll up), step R next to L (weight fully on R) 03:00

**[49-56] Pony step w/ sweep x2, behind side cross, side together, side touch**

1&2&      Step L back hitching R, step R down, step L back sweeping R CW 03:00  
3&4&      Step R back hitching L, step L down, step R back sweeping L CCW 03:00  
5&6      Step L behind R, step R to R side, cross L over R 03:00  
&7&8      Step R to R side, step L next to R, step R to R side, touch L next to R

**(Styling: bend your knees and pop them out on the & counts) 03:00**

**[57-64] Step ¼ L, step ¼ L, sailor ¼ L, reverse full turn R, coaster step, together**

- 1-2 Turn ¼ L stepping L fw, turn ¼ L stepping R to R side, 09:00  
3&4 Turn ⅛ L crossing L behind R, turn ⅛ L stepping R small step to R side, step L fw (prepping for a reverse turn) 06:00  
5-6 Turn ½ R transferring weight onto R, turn ½ R stepping L back 06:00  
7&8& Step R back, step L next to R, step R fw, step L next to R 06:00

**B section (only danced to the front wall)**

**[1-8] Walk fw x2, rocking chair, walk x2, step turn ¼ L, cross**

- 1-2 Walk fw R, walk fw L 12:00  
3&4& Rock R fw, recover on L, rock R back, recover onto L 12:00  
5-6 Walk fw R, walk fw L 12:00  
7&8 Step R fw, turn ¼ L transferring weight on L, cross R over 09:00

**[9-16] Side behind, chasse ¼ L, mambo step fw, side switches w/hitch**

- 1-2 Step L to L side, cross R behind L 09:00  
3&4 Step L to L side, step R next to L, turn ¼ L stepping L fw 06:00  
5&6 Rock R fw, recover onto L, step R next to L 06:00  
7&8& Point L to L side, step L next to R, point R to R side, hitch R 06:00

**[17-24] Jazz box, step turn ½ L, shuffle ½ L,**

- 1-2-3-4 Cross R over L, step L back, step R to R side, step L fw 06:00  
5-6 Step R fw, turn ½ L transferring weight onto L 12:00  
7&8 Turn ¼ L stepping R to R side, step L next to R, turn ¼ L stepping R back 06:00

**[25-32] Step back touch x2, coaster step, ½ L, ¼ L**

- 1-2 Step L back, touch/place R fw (optional body roll) 06:00  
3-4 Step R back, touch/place L fw (optional body roll) 06:00  
5&6 Step L back, step R next to L, step L fw 06:00  
7-8 Turn ½ L stepping R back, turn ¼ L stepping L to L side 09:00

**[33-40] Weave ¼ L, kick ball step, step turn ½ L**

- 1-2-3-4 Cross R over L, step L to L side, cross R behind L, turn ¼ L stepping L fw 06:00  
5&6 Kick R fw, step R next to L, step L fw 06:00  
7-8 Step R fw, turn ½ L transferring weight onto L 12:00

**[40-48] Dorothy step x2, cross side, sailor ¼ R**

- 1-2& Step R diagonally fw, lock L behind R, step R diagonally fw 12:00  
3-4& Step L diagonally fw, lock R behind L, step L diagonally fw 12:00  
5-6 Cross R over L, step L to L side 12:00  
7&8 Turn ⅛ R crossing R behind L, turn ⅛ stepping L next to R, step R fw 03:00

**[49-56] Skate x2, shuffle fw, out out, step back, coaster cross**

- 1-2 Skate L, skate R 03:00  
3&4 Step L fw, step R next to L, step L fw 03:00  
&5-6 Step R diagonally out, step L diagonally out, step R back 03:00  
7&8 Step L back, step R next to L, cross L over R 03:00

**[57-64] Side rock, back rock, box turn ¼ L**

- 1-2 Rock R to R side, recover onto L 03:00  
3-4 Rock R back, recover onto L 03:00  
5-6-7-8 Turn ¼ L stepping R back, turn ¼ L stepping L fw, turn ¼ L stepping R back, step L to L side (optional: can be done as glide steps) 06:00

Hope you enjoy

---