

Yi Bei Zi Peng You (一辈子朋友)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Beginner
编舞者: Youk Yeeng Lee (MY) - June 2023
音乐: Friends (朋友) - Emil Wakin Chau (周华健)



Intro: 36 counts

S1: (R & L) FWD SHUFFLE, (R & L) SIDE - TOUCH

1&2, 3&4 Fwd Shuffle (R L R) (L R L)
5-8 Step Rf to R - Touch Lf beside Rf - Step Lf to L - Touch Rf beside Lf

S2: (R & L) BACK SHUFFLE, (R & L) SIDE - TOUCH

1&2, 3&4 Back Shuffle (R L R) (L R L)
5-8 Step Rf to R - Touch Lf beside Rf - Step Lf to L - Touch Rf beside Lf

S3: FWD ROCK - RECOVER, BACK SHUFFLE, ROCK BACK - RECOVER, FWD SHUFFLE

1-2, 3&4 Rock Rf fwd - Recover on Lf , Back shuffle (R L R)
5-6, 7&8 Rock Lf back - Recover on Rf, Fwd Shuffle (L R L)

S4: GRAPEVIVE, GRAPEVIVE 1/4 L

1-4 Step Rf to R - Step Lf behind Rf - Step Rf to R - Touch Lf beside Rf
5-8 Step Lf to L - Step Rf behind Lf - 1/4 turn L (9:00) step Lf fwd - Touch Rf beside Lf

S5: FWD ROCK - RECOVER, BACK SHUFFLE, ROCK BACK - RECOVER, FWD SHUFFLE

1-2, 3&4 Rock Rf fwd - Recover on Lf , Back shuffle (R L R)
5-6, 7&8 Rock Lf back - Recover on Rf, Fwd Shuffle (L R L)

S6: K Step

1-4 Step RF fwd R diagonal - Touch LF beside RF - Step LF back L diagonal - Touch RF beside LF
5-8 Step RF back R diagonal - Touch LF beside RF - Step LF fwd L diagonal - Touch RF beside LF

S7: (R&L) ROLLING VIVE

1-4 1/4 turn R (12:00) step Rf fwd - 1/2 turn R (6:00) step Lf back - 1/4 turn L (9:00) step Rf to R - Touch Lf beside Rf
5-8 1/4 turn L (6:00) step Lf fwd - 1/2 turn L (12:00) step Rf back - 1/4 turn L (9:00) step Lf to L - Touch Rf beside Lf

S8: CHASSE R, ROCK BACK - RECOVER, CHASSE L, ROCK BACK - RECOVER

1-4 Step Rf to R - Step Lf beside Rf - Step Rf to R, Rock Lf behind Rf - Recover on Rf
5-8 Step Lf to L - Step Rf beside Lf - Step Lf to L, Rock Rf behind Lf - Recover on Lf

TAG1 (4 counts): After Wall1 (9:00), Wall2 (6:00), Wall4 (12:00), Wall6 (6:00)

(R & L) SIDE - TOUCH

1-4 Step Rf to R - Touch Lf beside Rf - Step Lf to L - Touch Rf beside Lf

TAG2 (8 counts): After Wall5 (9:00)

(R & L) SIDE - TOUCH, HIPS BUMP

1-4 Step Rf to R - Touch Lf beside Rf - Step Lf to L - Touch Rf beside Lf
5-8 Step Rf to R while bump hip (R L R L)

Have Fun & Happy Dancing !

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