

Best Friends

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - February 2024
音乐: Best Friends - Eric Paslay



Start after 16 count intro on the word 'Already' when he sings 'I already' – approx. 12 secs – 77bpm – 3mins
34secs – Music Available: Amazon

[1-9] R back drag L into L coaster cross, prissy walk fwd R/L, R fwd, ¼ L pivot turn, R cross step, ½ R hinge, L fwd

1-2&3 Step R back (big step) whilst dragging left towards R, step L back, step R together, cross step L over R

4-5 Travelling forward cross step R over L, cross step L over R

6&7 Step R, pivot ¼ left, cross step R over L (9 o'clock)

8&1 Turning ¼ right step L back, turning ¼ right step R side (3 o'clock), step L forward

WALL 6 RESTART: Dance up to count 7 (R crossed over L facing L side wall) add the following 2 steps

8& Turning ¼ LEFT step L forward to face back wall (6 o'clock), lift R knee up slightly prepping to restart the dance

Restart the dance facing back wall

[10-17] R cross rock/recover, R side rock/recover, R back rock/recover, ½ R back with L sweep into L coaster, ½ L/R back, ¼ L, L side, R cross step

2& Cross rock R over L, recover weight on L

3& Rock R side, recover weight on L

4& Rock R back, recover weight on L (can prep for next turn when you recover by putting foot into 5th position with toes turned out to the left)

5 Turning ½ left step R back whilst sweeping L from front to back (9 o'clock)

6&7 Step L back, step R together, step L forward (extended 5th toes out left)

8&1 Turning ½ left step R back, turning ¼ left step L side, cross step R over L (12 o'clock)

Easy alternative for counts 16&17 – walk forward R/L, turning ¼ R cross step right over left

WALL 3 RESTART: Dance up to count 15 (facing L side wall with L fwd) Add the following 2 steps:

8& Cross step R over L, turning ¼ right step L back (facing 12 o'clock)

Restart the dance facing front wall

[18-24&] L side/R tog/L fwd, R side/L tog/R back sweeping L from front to back, L cross behind, R side, R diagonal L fwd rock/recover, L side

2&3 Step L side, step R together, step L forward

4&5 Step R side, step L together, step R back whilst sweeping L from front to back

6& Cross step L behind R, step R side

7-8 Turning to right diagonal rock L forward whilst artistically lifting R slightly, recover weight on R

& Squaring back to wall (¼th left) step L side (12 o'clock)

[25-32&] L diagonal R fwd rock/recover, R side, L fwd, R chase turn (R fwd/½ L pivot turn/R fwd), ½ R, L back, ½ R, R fwd, L fwd, R fwd rock/recover

1-2 Turning to left diagonal rock R forward whilst artistically lifting L slightly, recover weight on L

& Squaring back to wall (¼th right) step R side (12 o'clock)

3 Step L forward

4&5 Step R forward, pivot ½ left, step R forward (extended 5th position with R toes out right)

6&7 Turning ½ right step L back, turning ½ right step R forward, step L forward (6 o'clock)

Easy alternative: walk forward L/R/L

8& Rock R forward, recover weight on L

