

# Best Friend For Life

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Elisabeth Elkuch-Heid (CH/LIE) - February 2024  
音乐: Best Friend for Life - Grace Leer



## [1-8] R Cross Rock Recover, Shuffle 1/4 Turn R, Step Turn 1/2 R, Shuffle 1/2 Turn R (3)

1,2      Cross Rock R over L, Recover L  
3&4      Step R to Side, Step L next to R, Step R Fwd 1/4 Turn R  
5,6      Step L Fwd, 1/2 Turn R  
7&8      Shuffle 1/2 Turn R: Step L Back, Step L R next to L, Step Back L (3)

## [9-16] Rock Back Recover, Shuffle 1/2 Turn L, Rock Back Recover, Shuffle 1/2 Turn R

1,2      Rock R Back, Recover L  
3&4      Shuffle 1/2 Turn L: Step R Fwd with 1/4 Turn L, Step L next to R, Step R Fwd with 1/4 Turn L  
5,6      Rock L Back, Recover R  
7&8      Shuffle 1/2 Turn R: Step L Fwd with 1/4 Turn R, Step R next to L, Step L Fwd with 1/4 Turn R

**Restart Here during Wall 3 (beginning and ending 6 o'clock): 7&8 instead of dancing  
Shuffle 1/2 Turn R make a Chassée Side 1/4 Turn R**

## [17-24] Syncopated Monterey 1/4 Turn R (6), Cross L over R, Recover, Shuffle 1/4 Turn L with L (3)

1,2&3,4      Touch R to R, Hold, Close R next to L & 1/4 Turn R, Touch L to L, Hold (6)  
5,6,7&8      Cross Rock L over R, Recover R, Shuffle 1/4 Turn L: L-R-L (3)

## [25-32] R Heel, L Heel, R Toe, L Heel, Rock R Fwd, Recover, Coaster Step R

1&2&      Touch R Heel Fwd, Back to Center, Touch L Heel Fwd, Back to Center  
3&4&      Touch R Toe next to L, Step R next to L, Touch L Heel Fwd, Back to Center  
5,6      Rock R Fwd, Recover L  
7&8      Step R Back, Step L next to R, Step R Fwd

## [33-40] Step L Fwd, 1/2 Turn R, L Kick Ball Touch R, RHeel, LHeel, RToe, LHeel (9)

1,2      Step L Fwd, 1/2 Turn R (Weight R) (9)  
3&4      Kick L Fwd, Step Down on L, Touch R next to L  
5&6&      Touch R Heel Fwd, Back to Center, Touch L Heel Fwd, Back to Center  
7&8&      Touch R Toe next to L, Step R next to L, Touch L Heel Fwd, Back to Center

## [41-48] Rocking Chair, Step R Fwd, 1/2 Turn L, R Kick Ball Change (3)

1-4      Rock R Fwd, Recover L, Rock R Back, Recover L  
5,6      Step R Fwd, 1/2 Turn L (Weight L)(3)  
7&8      Kick R Fwd, Step Down on R, Change Step on L

## [49-56] Rock Fwd R, Recover, Shuffle 1/2 R, Full Turn R, Mambo L

1,2      Rock R Fwd, Recover L  
3&4      Shuffle 1/2 Turn R: Step R Fwd with 1/2 Turn R, Close L next to R, Step R Fwd  
5,6      Full Turn R: 1/2 R with L Back, 1/2 R with R Fwd  
7&8      Rock L Fwd, Recover R, Step L Back

## [57-64] Step Cross R Behind L, Touch L to Side, Step Cross L Behind R, Touch R to Side, Touch RToe Back, Unwind 1/2 Turn R, Mambo L

1,2      Step R Behind L, Touch L to L Side  
3,4      Step L Behind R, Touch R to R Side  
5,6      Touch R Back, Unwind 1/2 Turn R (Weight R)  
7&8      Rock L Fwd, Recover R, Step L Back

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