

Real Friends

拍数: 56 墙数: 2 级数:
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音乐: Carry You Home - Ward Thomas



#1st SEQ KICK, OUT, OUT, CROSS, OPEN, CROSS, SHUFFLE, ROCK STEP

1&2 Kick R forward - Open R to R - Open L to L
3&4 Cross R behind L - Open L to L - Cross R over L
5&6 Shuffle LRL diagonally left forward
7-8 Rock Step R forward - Recover weight on L

#2nd SEQ SHUFFLE TURN, STEP, TURN, LONG STEP, SLIDE, STOMP

1&2 Turning 1/2 R Shuffle RLR to the opposite diagonal
3-4 Step L forward - Turn 1/2 L stepping R backward
5-6 Turning 1/4 L long step L to L - Slide R near to L
7-8 Slide R next to L - Stomp R forward

#3rd SEQ ROCK STEP, SHUFFLE TURN, STEP-PIVOT, KICK BALL CHANGE

1-2 Rock Step L forward - Recover weight on R
3&4 Turning 1/2 L Shuffle LRL forward
5-6 Step R forward - Turn 1/2 L
7&8 Kick R forward - Recover R foot - Step L on place

#4th SEQ SLOW SWIVELS (x2), CHICKEN WALK FORWARD

1-2 Slow Swivel R heel forward (cuban style - start sliding your R point from the centre to outside)
3-4 Slow Swivel L heel forward (cuban style - start sliding your R point from the centre to outside)
5-6 Swivel R heel forward - Swivel L heel forward
7-8 Swivel R heel forward - Swivel L heel forward

#5th SEQ ROCK STEP & ROCK BACK, KICK BALL POINT (x2)

1-2 Rock Step R forward - Recover weight on L
&3-4 Close R beside L - Rock step L backward - Recover weight on R (turn your chest 1/2 L - optional styling)
5&6 Kick L forward - Recover - Point R foot to R side
7&8 Kick R forward - Recover - Point L foot to L side

#6th SEQ SAILOR STEP (x2), ROCK STEP, COASTER STEP

1&2 Cross L behind R (drawing a 1/2 circle) - Open R to R - Open L to L
3&4 Cross R behind L (drawing a 1/2 circle) - Open L to L - Open R to R
5-6 Rock step L forward - Recover weight on R
7&8 Step L backward - Step R back next to L - Step L forward

#7th SEQ WALK, CLAP, WALK, CLAP, ROCK STEP, HEEL, STOMP

1-2 Step R forward - Clap your hands
3-4 Step L forward - Clap your hands
5-6 Rock Step R forward - Recover weight on L
&7&8 Step R back - Heel L forward - Put weight on L - Stomp up R next to L

TAG - At the 5th Wall, after the 24th count : 36 counts of hold (pause)