Best Friend Forever



拍数: 32 墙数: 4 级数: Beginner

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音乐: Best Friend Forever - BBB



No Tag, 1 Restart on W5 after 20 count Intro: about 20 count after music on Start on Lyric / Vocal / Word

#1 Point Right -	Snap - Hip Bump	Bend Knee x	2 Lindy Right
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1-2 Point RF with straighten R knee to R side & bump R hip - snap fingers on R hand - arms

straight out to the side - as right Index finger point to down (1), bump L hip with bended right

knee inward (popping R knee inward) - move R arms up with locked elbows(2)

3-4 Repeat above

5&6 Step RF to R side, Close LF beside RF, Step RF to R side

7-8 Rock LF bckwd, Recover RF

#2 Point Left - Snap - Hip Bump, Bend Knee x2, Lindy Left

1-2 Do the same as above vice versa with LF

3-4 Repeat above

5&6 Step LF to L side, Close RF beside LF, Step LF toLR side

7-8 Rock RF bckwd, Recover LF

#3 K-step with Shimmy Shoulder and Body Styling

1-2 Diagonal step forward RF (1.30), Touch LF beside RF.3-4 Diagonal step bckwd LF. (7.30), Touch RF beside LF

Restart Here on Wall 5 (12:00)

5-6 Diagonal step bckwd RF (4.30), Touch LF beside RF.7-8 Diagonal step forward LF (10.30), Touch RF beside LF

While you do shimmy shoulder, open your place both hands out to the side at hip height.

#4 Modified Charleston, Jazz Box Turn

1-2 Point RF fwd (1), swing and point RF bckwd (2)
3-4 Point LF long bckwd (5), Swing and step LF fwd (6)
5-6 Cross RF Over LF, 1/8 R turn-Stepping LF Back
7-8 1/8 R turn-Step RF to R side, Step LF fwd (3:00)

Passions, Healthy and Happy Dance

Happy Dancing! kusnadi4@gmail.com