

Best Friend Forever

拍数: 32 墙数: 4 级数: Beginner
编舞者: Kusnadi Noviar (INA) - July 2024
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 x2, Lindy Right

- 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 to LR 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