

Lord, Tonight I Need A Friend

COPPER **NOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Budi Satrio (INA) & Ria Lolong (INA) - August 2024
音乐: Help Me Make It Through the Night - EMIN & Engelbert Humperdinck



Intro Music: 16 Counts
NO TAGS! NO RESTARTS!

S1. ROCK FWD, RECOVER, ROCK FWD, BACK LOCK SHUFFLE, BACK ROCK, RECOVER, ½ PIVOT L

1-2-3 Rock RF fwd (1), Recover onto LF (2), Rock RF fwd (3)
4&5 Step LF back (4), Lock RF in front of LF (&), Step LF back (5)
6-7 Rock RF back (6), Recover onto LF (7)
8& Step RF fwd (8), ½ Turn L change body weight to LF (&) 6:00

S2. STEP FWD R-L, ¼ TURN R, CROSS SHUFFLE, ROCKING CHAIR DIAG FWD, FWD ROCK, RECOVER

1-2-3 Step RF fwd (1), Step LF fwd (2), ¼ Turn R move body weight to RF (3) 9:00
4&5 Cross LF over RF (4), Step RF to side (&), Cross LF over RF (5)
6&7& Rock RF diag fwd facing 10:30 (6), Recover onto LF (&), Rock RF diag bwd (7), Recover onto LF (&)
8& Rock RF fwd (8), Recover onto LF (&)

S3. CROSS OVER, ¼ TURN R, STEP TO SIDE, CROSS SHUFFLE, STEP TO SIDE, ¼ TURN L, FWD LOCK SHUFFLE

1-2-3 Cross RF over LF facing 9:00 (1), ¼ Turn R stepping LF back facing 12:00 (2), Step RF to side (3)
4&5 Cross LF over RF (4), Step RF to side (&), Cross LF over RF (5)
6-7 Step RF to side (6), ¼ Turn L move body weight to LF (7) 9:00
8&1 Step RF fwd (8), Lock LF behind RF (&), Step RF fwd (1)

S4. ½ PIVOT R, FWD LOCK SHUFFLE, POINT TO R-L-R SIDE, TOUCH BESIDE

2-3 Step LF fwd (2), ½ Turn R move body weight to RF (3) 3:00
4&5 Step LF fwd (4), Lock RF behind LF (&) Step LF fwd (5)
6&7& Point R toe to R side (6), Step RF beside LF (&), Point L Toe to L side (7), Step LF beside RF (&)
8& Point R Toe to R side (8), Touch RF beside LF (&)

Enjoy the Dance!

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