

# For Friends

拍数: 32      墙数: 4      级数: Improver  
编舞者: Sigi Guldenfuß (DE) - January 2025  
音乐: Friends - Blake Shelton



**Note: The dance begins after 32 counts, when the singing starts.**

## S1: Side, behind – side – heel & cross r/l

1-2            RF step to the right, cross LF behind RF  
&3            RF step to the right and tap left heel forward  
&4            LF next to RF and cross RF in front of LF  
5-6           LF step to the left, cross RF behind LF  
&7            LF step to the left and tap right heel forward  
&8            RF next to LF and cross LF in front of RF

## S2: Stomp forward, stomp – applejacks, rock forward – ¼ turn r, stomp forward – heels swivel

1-2            stomp RF forward, stomp LF next to RF  
&3            turn left toe/right heel to the left and turn back both feet  
&4            turn right toe/left heel to the right and turn back both feet

**Restart: At the 4th wall (3:00) stop here and start the dance from the beginning.**

5&6           RF step forward, slightly raise LF and weight back onto LF, ¼ turn to the right and RF step forward (3:00)  
7&8           stomp LF forward, turn both heels to the left and turn back both feet

## S3: Side, behind – side – cross, point, sailor step with ½ turning r, stomp forward l/r

1-2            RF step to the right, cross LF behind RF  
&3-4          RF step to the right and cross LF in front of RF, tap right toe to the right

**Restart: At the 7th wall (12:00) dance count 4: tap RF next to LF and start the dance from the beginning.**

5&6           ½ turn to the right cross RF behind LF, LF step to the left and RF next to LF (9:00)  
7-8            stomp LF forward, stomp RF forward

## S4: Heel & heel & heel – clap – clap l/r

1&            tap left heel forward, LF next to RF  
2&            tap right heel forward, RF next to LF  
3&4          tap left heel forward and clap twice  
&            LF next to RF  
5&            tap right heel forward, RF next to LF  
6&            tap left heel forward, LF next to RF  
7&8          tap right heel forward and clap twice

**DANCE; SMILE & HAVE FUN!**