

Hello Friday

拍数: 32 墙数: 4 级数: Improver
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音乐: Hello Friday - Sheyna Gee



Section 1– 2 X LEFT PIVOTS, CROSS ROCK, SIDE ROCK, HEEL & HEEL

1-2 Touch right toe forward, make 1/2 turn right
3-4 Touch right toe forward, make 1/2 turn right.
5&6& Cross right over left, recover on left, step right to right side, recover onto left
7&8& Touch right heel forward, hitch right upwards x 2

Section 2 - SIDE, TOGETHER, SHUFFLE, ¼ TURN, PIVOT ½, FULL TURN SHUFFLE

1,2,3&4 Step right to right side, step left together step right to right side, step left beside right, turn ¼ right stepping right forward.
5-6 Step left forward, pivot ½ turn over right, (9:00)
7&8 Full turn shuffle, turn right stepping left back, cross right over left, step left back (weight on left)

SECTION 3 – DOROTHY RIGHT & LEFT, CROSS ROCK SIDE SHUFFLE

1- 2& Step forward on right diagonally, place left behind right, step right forward.
3-4& Step forward on left diagonally place right behind left, step left forward
5-6 Cross right over left, recover onto left
7&8 Step right to right side, step left beside right step right to right side

SECTION 4 –BACK ROCK WITH KNEE POP , STEP LEFT, ½ PIVOT, CROSS, SWEEP, CROSS, STEP

1-2 Angle to 7:30, left back rock, pop right knee, recover weight onto right.
3-4 Step left to left side (9:00) Pivot ½ right, (weight on left) right to right side (3:00)
5-6 Cross left over right, sweep right forward from back to front
7-8 Cross right over left, step left to left side

TAG THEN RESTART - Wall 4 after 22 counts

23&24 Cross right over left, recover on left, step right to right side, drag left to right. Restart

TAG THEN RESTART – Wall 7 after 22 counts

23&24 Cross right over left, recover on left, step right to right side, drag left to right. Restart

FINISH – Wall 10 after 24 counts, cross left over right and turn to 12:00 to finish

Last Update: 19 Mar 2025