## **Best Friends!**



拍数: 64 墙数: 2 级数: Intermediate

编舞者: M.T. Groove (UK)

音乐: Why You Follow Me - Eric Benét



SIDE TOUCHES X2, TRIPLE FULL TURN, BACK **ROCK POINT.** 1-2-3-4 Step R big step to R side, Touch L next to R. Repeat leading L. 5&6 Make full turn travelling R stepping R,L,R. 7&8 Rock L behind R, Recover R, Point L to L

side.

**CROSS TWINKLE 1/4** TURN, KICK & TOUCH, L SHUFFLE, **TRIPLE ¾** TURN. 1&2 Cross L over R, Step R to R side as you 1/4 turn L, Step L in place. 3&4 Kick R forward. Step back onto R, Touch L next to R. 5&6 Step forward L, Close R next to L, Step forward L. 7&8 Make 1/2 turn L stepping back on R, Make 1/4 turn L step L to L, Touch R toe across L as you lean body back.

HIP SWAYS, **BEHIND & CROSS. HIP** SWAYS, **BEHIND TURN** STEP. 1-2 Step R to R side as you sway your hips R,L. 3&4 Step R behind L, Step L to L side, Cross R over L 5-6 Step L to L side as you sway your hips L,R. 7&8 Step L behind R, Step forward R making ¼ turn R, Step forward L.

WALK WALK, STEP PIVOT STEP. FULL TURN, STEP PIVOT STEP. 1-2 Walk forward R,L. 3&4 Step forward R, Pivot ½ turn L, Step onto R. 5-6 Step back on L as you make ½ turn R, Step forward R as you ½ turn R. 7&8 Step forward L, Pivot ½ turn R, Step forward L.

STEP TOUCH, SIDE ROCK & STEP, ROCK ½ TURN, KICK & TOUCH. 1-2 Step forward R, Touch L next to R. 3&4 Rock L to L side, Recover R, Step forward L. 5&6 Rock forward R, Recover L, Make ½ turn R stepping forward R. 7&8 Kick L forward, Step on L as you ¼ turn L, Touch R next to L.

SIDE ROCK **RECOVER** HITCH, CROSS SHUFFLE, SIDE PRESS RECOVER. **BEHIND SIDE** CROSS. 1&2 Rock R to R side, Recover L, Hitch R knee across L as you raise up on ball of L. 3&4 Cross R over L, Step L to L side, Cross R over L. 5-6 Step L to L side pressing on ball of L with L leg slightly bent, (upper body leans over L leg), Recover R. 7&8 Step L behind R, Step R to R side. Cross L over R.

SIDE ROCK & CROSS, POINT SWITCH POINT, & CROSS UNWIND, HIP BUMPS.

1&2 Rock R to R side, Recover L, Cross R over L.

3&4 Point L to L side, Step L in place(&), Point R to R side.

&5-6 Step R in place(&), Cross L over R, Unwind ½ turn R. 7&8 Bumps hips forward, back, forward. ? Weight ends up forward on R.

STEP, TOE TOUCHES, & STEP PIVOT, R PRESS, L **COASTER** STEP. 1-2& Step forward L, Touch R toe across L, Step R in place. 3&4 Touch L toe across R, Step L in place, Step forward R. 5-6 Pivot ½ turn L, Step forward R pressing onto ball of R? lean forward. 7&8 Step back L, Step R next to L, Step forward L.

## Tag:

1&2 Rock R behind L, Recover L, step R to R side. 3&4 Repeat above leading with the L. 5&6 Rock forward R, Recover L, Step R in place. 7&8 Bump hips L,R,L? Weight is now on L.

Tag Is danced 3 times only:
Start the dance with it!

Wall 2: Tag is danced after count 8 on section 4 (you?ll be facing the 9 O?clock wall) continue with rest of dance. Wall 3: Danced at end of wall 3? facing 6 o?clock wall.

Smile and Enjoy!!! Don?t Just Move it? Groove It!!!