

Friends

拍数: 40 墙数: 1 级数: Beginner
编舞者: Marina Girardi
音乐: With a Little Help from My Friends - The Young Idea



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| 1-2-3-4 | Step forward on right, scuff left, step forward on left, scuff right |
| 5-6-7-8 | Step forward on right, scuff left, step forward on left, scuff right |
| 1-2-3-4 | Rock forward on right, step back on left, step right $\frac{1}{4}$ right, cross left over right |
| 5-6-7-8 | Step right to right, step left behind right, rock right to right, step left in place |
| 1-2-3-4 | Step right in front of left, touch left toes to the left step left in front of right, touch right toes to the right |
| 5-6-7-8 | Rock forward on right, step left in place, step right $\frac{1}{4}$ right, step left next to right |
| 1-2-3-4 | Step forward on right, scuff left, step forward on left, scuff right |
| 5-6-7-8 | Rock forward on right, step left in place, step right $\frac{1}{4}$ right, step left next to right |
| 1-2-3-4 | Step right in front of left, touch left toes to the left, step left in front of right, touch right toes to the right |
| 5-6-7-8 | Rock forward on right, step left in place, step right $\frac{1}{4}$ right, step left next to right |

REPEAT
