

Friends

拍数: 0 墙数: 2 级数: Intermediate
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音乐: Friends - Emil Chau



Sequence: AB Bridge ABB Tag1 B Tag2 AA

PART A

- 1-2& Rock right to right, recover weight onto left, step right beside left
3-4& Rock left to left, recover weight onto right, step left beside right
5-6& Step right forward, pivot ½ turn left, making a ½ turn left step right beside left (12:00 wall)
7-8& Rock left back, recover weight onto right with a ¼ turn left, step left across
- 9 Facing left diagonal (9:00 wall) rock right back
10& Recover weight onto left, step right beside left with a ¼ turn left
11 Facing left diagonal (6:00 wall) rock left back
12& Recover weight onto right, straighten up to face 6:00 wall
13& Rock left to left, recover weight onto right
14& Step left across right, step right to right
15& Step/cross left behind right, sweep right around to end behind left
16& Step/cross right behind left, step left to left
- 17-18& Step right forward to left diagonal, step left forward to left diagonal, pivot ½ turn right
19 Facing left diagonal (12:00 wall) step left forward
20& Straightening up to face 12:00 wall rock right to right, recover weight onto left
21-21& Step right across left, step left to left, slide/step right across left
23-24& Step left to left, step right back, step left beside right
- 25-26& Step right forward, step left forward, step right beside left
27-28 Step left back, step right back
29-30 Rock weight forward onto left, step right forward
31&32 Step left forward, pivot ½ turn right, step left forward

PART B

- 1& With body facing slightly left diagonal tap right to right diagonal, repeat
2 Lunge/step right to right diagonal
3& With body facing slightly right diagonal tap left to left diagonal, repeat
4 Lunge/step left to left diagonal
5&6 Step right forward, recover weight onto left, step right back to right diagonal
7&8 Step left behind right, recover weight onto right, lunge/step left to left
- 9-10& Step right behind left, recover weight onto left, step right back making a ¼ turn left
11&12& Step left forward making a ½ turn left, step right, left, right making a full turn forward (to the right)
13-14 Step left back, sweep right around to step behind left
15&16 Sweep left around to step behind right, step right to right, step left to left (sailor step)
- 17-32 Repeat counts 1- 16
33-34 Sway hips right, left

BRIDGE

1-2& Rock right across left, recover weight onto left, step right beside left
3-4& Rock left across right, recover weight onto right, step left beside right
5-6& Rock right back, recover weight onto left, step right beside left
7-8& Rock left forward, pivot ½ turn right, step left beside right

9-16 Repeat counts 1-8

17-18& Rock right behind left, recover weight onto left, step right beside left
19-20& Rock left behind right, recover weight onto right, step left beside right
21-22& Rock right to right, recover weight onto left, cross/step right over left
23-24& Making a ¼ turn right, rock left to left, recover weight onto right, step left beside right
25-32 Repeat counts 17-24

33-34& Rock right behind left, recover weight onto left, step right beside left
35-36& Rock left behind right, recover weight onto right, step left beside right

TAG 1

1-2 Sway hips right, left

TAG 2

1-2 Step right forward to right diagonal, drag left foot towards right foot
3-4 Step left back to left diagonal, drag right foot towards left foot
5-8 Hold with weight on left
