

Best Of Friends Cha Cha

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 2 级数: Intermediate
编舞者: Adrian Churm (UK)
音乐: Best of Friends - Dave Sheriff



Adapted for solo line dancing from the partner/circle dance "Best Of Friends" by John And Jean Miles

ROCK-STEP, SHUFFLE BACK, ROCK-STEP SHUFFLE FORWARD

1-2 Rock forward onto left foot, rock backward onto right foot
3&4 Left foot shuffle backward (left, right, left)
5-6 Rock backward onto right foot, rock forward onto left foot
7&8 Right foot shuffle forward (right, left, right)

HALF-TURN, SHUFFLE, HALF-TURN, SHUFFLE

1-2 Step left foot forward & turn $\frac{1}{2}$ right, step right foot in place
3&4 Left foot shuffle forward (left, right, left)
5-6 Step right foot forward & turn $\frac{1}{2}$ left, step left foot in place
7&8 Right foot shuffle forward (right, left, right)

SWAY-2-3-4, SWAY-2-3-4

1 Step left foot forward turning $\frac{1}{4}$ right to face out & sway hips left
2-3-4 Sway hips right, left, right
5 Step left foot back & sway hips left
6-7-8 Sway hips right, left, right

$\frac{1}{4}$ TURN LEFT, CROSS STEP, SIDE POINTS, TRIPLE STEPS INPLACE

25-32 Left foot steps forward as you make a $\frac{1}{4}$ turn to the left, point right foot to the side
27-28 Right foot steps forward and across left foot, point left foot to the side
29-30 Left foot steps forward and across right foot, point right foot to the side
31-32 Right foot steps forward and across left foot, point left foot to the side

WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE

33-34 Left foot steps next to right foot, right foot steps in place
35&36 Left foot steps in place, right foot in place, left foot in place
37-38 Right foot steps in place, left foot in place
39&40 Right foot steps in place, left foot in place, right in place

REPEAT
