

Be My Friend

拍数: 48 墙数: 2 级数: Improver
编舞者: Sadiah Heggernes (NOR/UK) - November 2009
音乐: Do You Wanne Be My Friend - Alex Swings Oscar Sings! : (CD: Love 4 Sale)



16 count intro – start on vocals

Section 1: Monterey ¼ Turn, Twist & Clap

1-2 Touch right to side. ¼ turn right on ball of left stepping right beside left (3)
3-4 Touch left to side. Step left beside right
5-6 Twist heels to right. Twist toes to right
7-8 Twist heels to right & clap

Section 2: Twist & Clap, Hip Bumps

1-2 Twist heels to left. Twist toes to left
3-4 Twist heels to left & clap
5-6 Step right slightly diagonally forward. Bump hips twice to right
7-8 Bump hips twice to left

Section 3: Touch, Step, Touch, ¼ Turn, Coaster Step, Hold

1-2 Touch right to side. Step right beside left
3-4 Touch left to side. ¼ turn left on ball of right (12)
5-6 Step back on left. Step right beside left
7-8 Step forward on left. Hold

Section 4: Step, ¼ Pivot, Cross, Hold, Back, Together, Step, Pivot

1-2 Step forward on right. ¼ pivot left (9)
3-4 Cross right over left. Hold
5-6 Step back on left. Step right beside left
7-8 Step forward on left. ½ pivot right (weight on right) (3)

Section 5: Rocking Chair ¼ Turn, Step, Lock, Step, Hold

1-2 Rock forward on left. Recover weight onto right
3-4 ¼ turn right rocking back on left. Recover weight onto right (6)
5-6 Step forward on left. Lock right behind left
7-8 Step forward on left. Hold

Section 6: Modified Rumba Box, Hold

1-2 Step right to side. Close left beside right
3-4 Step back on right. Hold
5-6 Step left to side. Close right beside left
7-8 Step forward on left. Hold