

It's Friday!

拍数: 100 墙数: 2 级数: Intermediate
编舞者: Tim Gauci (AUS) - July 2011
音乐: Friday (Glee Cast Version) - Glee Cast : (CD: Single)



Sequence: A, B, A, B, A, A (32 beats), B, B

Part A

[1-8] Cross, Side, Heel, Tog, Cross, Side, Heel, Tog Rocking Chair, Step, Pivot ½, Step 6.00

1&2&3&4& Step R over L, step L to L (&), touch R heel at R45, step R tog (&), step L over R, step R to R (&), touch L heel at L45, step L tog (&)

5&6&7&8 Step R fwd, rock weight back onto L (&), step R back, rock weight fwd onto L (&), step R fwd, pivot ½ L (&), step R fwd

[9-16] Fwd Mambo, Back Mambo, Step, Tog, Side Shuffle 6.00

1&2,3&4 Step L fwd, rock weight back onto R (&), step L back, step R back, rock weight fwd onto L (&), step R fwd

5,6,7&8 Step L to L, step R next to L, shuffle to L side (LRL) – use hips!

[17-24] Travelling Back – Sailor Step, Sailor Step Sweep Back, Sweep Back, Coaster Step 6.00

1&2,3&4 Travelling back slightly – step R behind L, step L to L (&), step R to R, step L behind R, step R to R (&), step L to L

5,6,7&8 Sweep R back, sweep L back, step R back, step L tog (&), step R fwd

[25-32] Step, Lock, Step, Paddle ¼, Cross, ¼, ½, Shuffle Fwd 12.00

1&2,3,4 Step L fwd, lock R behind L (&), step L fwd, step R fwd, paddle ¼ L

5&6,7&8 Step R over L, making ¼ turn R stepping L back (&), making ½ turn R step fwd R, shuffle fwd LRL

[33-40] Kick, Tog, Point, Tog, Point, Tog ¼ Flick Step, Lock, Step, Paddle ¼ 12.00

1&2&3,4 Kick R foot fwd, step R tog (&), point L toe to L, step L tog (&), point R toe to R, making ¼ turn R step R tog flicking L foot up and to the back

5&6,7,8 Step L fwd, lock R behind (&), step L fwd, step R fwd, paddle ¼ L

[41-48] Cross Shuffle, ¼, ½, Paddle ¼, Cross Shuffle 12.00

1&2,3,4 Cross shuffle R over L (RLR), making ¼ turn R step L back, making ½ turn R step R fwd

5,6,7&8 Step L fwd, paddle turn ¼ R, cross shuffle L over R (LRL)

[49-52] Hips RLRL 12.00

1-4 Push hips RLRL

Part B

[1-8] Fwd Coaster, Back Coaster, Fwd, Rock, ½, ¼ Shuffle 9.00

1&2,3&4 Step R fwd, step L tog (&), step R back, step L back, step R tog (&), step L fwd

5&6,7&8 Step R fwd, rock weight onto L (&), making ½ turn R step R fwd, making ¼ turn R shuffle L to L side (LRL)

[9-16] Sailor Step, Sailor Step, Paddle Turn X2 3.00

1&2,3&4 Step R behind L, step L to L (&), step R to R, step L behind R, step R to R (&), step L fwd

5-8 Step R fwd, paddle turn ¼ L, step R fwd, paddle turn ¼ L

[17-24] Fwd Coaster, Back Coaster, Fwd, Rock, ½, ¼ Shuffle 12.00

1&2,3&4 Step R fwd, step L tog (&), step R back, step L back, step R tog (&), step L fwd

5&6,7&8 Step R fwd, rock weight onto L (&), making ½ turn R step R fwd, making ¼ turn R shuffle L to L side (LRL)

[25-32] Sailor Step, Sailor Step, Paddle Turn X2 6.00

1&2,3&4 Step R behind L, step L to L (&), step R to R, step L behind R, step R to R (&), step L fwd

5-8 Step R fwd, paddle turn ¼ L, step R fwd, paddle turn ¼ L

[33-40] Cross, Side, Behind, Side, Cross, Point Cross, Side, Behind, Side, Cross, Point 6.00

1&2&3,4 Step R over L, step L to L (&), step R behind, step L to L (&), step R over L, point L toe to L side

5&6&7,8 Step L over R, step R to R (&), step L behind R, step R to R (&), step L over R, point R toe to R side

[41-48] Cross, Back, Side, Fwd, Step Pivot ½ X2 6.00

1-4 Step R over L, step L back, step R to R, step L fwd

5-8 Step R fwd, pivot ½ L, step R fwd, pivot ½ L 48 Beats for Part B

Finish dance at the front stomping R foot to R.
