

拍数: 64 墙数: 4 级数: Low Intermediate
编舞者: Lisa M. Johns-Grose (USA) - August 2011
音乐: Last Friday Night (T.G.I.F.) - Katy Perry



16 count intro. - Sequence: 64, 64, 32, 64, 64, 32, 64 until the end

WEAVE R- R SHUFFLE SIDE- L ROCK -R REC

1-2 Right step to right side, step left behind
3-4 Right step to right side, step left across
5&6 Right step to right side, step left together, right step to right side
7-8 Rock back on left, recover forward on right (12 O'CLOCK)

WEAVE L- L SHUFFLE SIDE - R ROCK - L REC

1-2 Left step to left side, step right behind,
3-4 Left step to left side, step right across,
5&6 Left step to left side, step right together, Left step to left side
7-8 Rock back on right, recover forward on left (12 O'CLOCK)

R SIDE- DIP/TAP L - L SIDE - DIP/TAP R- R SIDE- DRAG 1/4 L- SHUFFLE FWD L

1-2 Step right to right (dip down), touch left toe across right (stand up)
3-4 Step left to left (dip down), touch right toe across left (stand up)
5-6 Step right to right, drag left to meet right making 1/4 turn left (weight on right)
7&8 Step forward on left, step right next to left, step forward on left (9 O'CLOCK)

R ROCK FWD - REC L- R COASTER - L ROCK FWD- REC R- L COASTER

1-2 Rock forward on right, recover back on left
3&4 Step back on right, step left next to right, step forward on right
5-6 Rock forward on left, recover back on right
7&8 Step back on left, step right next to left, step forward on left (9 O'CLOCK)

*** RESTART HERE ON WALL 3 & 6 ONLY

R ROCK FWD- REC L - 1/2 R SHUFFLE R - 1/2 R SHUFFLE L - 1/2 R SHUFFLE R

1-2 Rock forward on right, rock back on left
3&4 Shuffle R-L-R making 1/2 turn right,
5&6 Shuffle L-R-L making 1/2 turn right,
7&8 Shuffle R-L-R making 1/2 turn right (3 o'clock)

(easier option for cts. 5-8)

(5&6 Shuffle L-R-L forward)

(7&8 Shuffle R-L-R forward)

L SIDE ROCK- REC R - L BEHIND- R SIDE- L ACROSS- R SIDE ROCK- RECOVER L- R SAILOR 1/2 R

1-2 Rock left to left, recover to right
3&4 Step left behind right, step right to right, step left across
5-6 Rock right to right, recover left
7&8 Step right behind left making 1/2 turn right, step left to left, step right to right (9 o'clock)

WALK L- WALK R- ROCK L- REC R- WALK L- WALK R- L COASTER STEP

1-2 Walk forward L, R
3-4 Rock forward on left, recover back on right
5-6 Walk back L, R
7&8 Step left back, step right next to left, step forward on left (9 o'clock)

R HIPS 2 X- L TOUCH TOG- HOLD/CLAP- L HIPS 2 X- R TOUCH TOG- HOLD/CLAP

- 1-2 Step right to right as you bump your hips 2 x right
- 3-4 Touch left next to right, hold/clap
- 5-6 Step left to left as you bump your hips 2 x left
- 7-8 Touch right next to left, hold/clap (weight on left) (9 o'clock)

BEGIN AGAIN!

Contact: htmonalisa@aol.com
