

# BFF (Best Friends Forever)

COPPERKNOB  
STEPSHEETS

拍数: 112      墙数: 4      级数: Phrased Easy Intermediate  
编舞者: Soo Wong (MY) - October 2012  
音乐: BFF by Geraldine + Jie Ying



Intro: Start after 32 counts - Sequence: AA BB C AA BB BB A\*(32)

## PART A - 48 counts

### [1-8] Rock back R, Recover, R Shuffle fwd, Step L, ½ pivot R, L shuffle fwd

1 - 2      Rock back on right, Recover weight on left  
3 & 4      Step forward on right, step left next to right, step forward on right  
5 - 6      Step forward on L, pivot ½ turn right (6:00)  
7 & 8      Step forward on left, step right next to left, step forward on left

### [9-16] Rock forward R, Recover, R coaster step, L Cross point, R Cross point

1 - 2      Rock forward on right, Recover on left  
3 & 4      Step back on right, Step left next to right, step forward on right  
5 - 6      Cross left over right, Point right toe to right side  
7 - 8      Cross right over left, Point left toe to left side

### [17-24] Rock forward L, Recover, ½ turn L with L shuffle, ¼ pivot L, Right cross shuffle

1 - 2      Rock forward on left, Recover weight on right  
3 & 4      Make ¼ turn left stepping left to left side, step right next to left, make ¼ turn left stepping forward on left  
5 - 6      Step forward on right, pivot ¼ turn left (9:00)  
7 & 8      Cross right over left, step left next to right, cross right over left

### [25-32] Side Rock, Recover, Left cross shuffle, ¼ L, ¼ L, Cross rock R, Recover

1 - 2      Rock left to left side, recover weight to right,  
3 & 4      Cross left over right, step right next to left, cross left over right  
5 - 6      Make ¼ turn left stepping back on right, make ¼ turn left stepping left to left side (3:00)  
7 - 8      Cross right over left, recover weight on left

### [33-40] Side, Together, Chasse R, Cross rock L, Recover, Chasse L

1 - 2      Step right to right side, step left next to right  
3 & 4      Step right to right side, step left next to right, step right to right side  
5 - 6      Cross left over right,, recover on right  
7 & 8      Step left to left side, step right next to left, step left to left side

### [41-48] Rock forward R, Recover, R coaster step, Rock forward L, Recover, L shuffle back

1 - 2      Rock forward on right, Recover on left  
3 & 4      Step back on right, Step left next to right, step forward on right  
5 - 6      Rock forward on left, Recover weight on right  
7 & 8      Step back on left, step right next to left, step back on left (3:00)

## PART B - 32 counts

### [1-8] Back rocking chair, Vine to R, Touch L

1 - 2      Rock back on right, Recover weight on left  
3 - 4      Rock forward on right, Recover on left  
5 - 6      Step right to right side, Cross left behind right  
7 - 8      Step right to right side, Touch left next to right

### [9-16] Side step touch R, Side step touch L, Rolling vine L, Scuff

- 1 – 2 Step left to left side, Touch right next to left
- 3 – 4 Step right to right side, Touch left next to right
- 5 – 6 Make ¼ turn left stepping forward on left, Make 1/2 turn left stepping back on right
- 7 – 8 Make ¼ turn left stepping left to left side, Scuff right next to left

**[17-24] R Jazz box cross, Jazz box ¼ turn R**

- 1 – 2 Cross right over left, Step back on left
- 3 – 4 Step right to right side, Cross left over right
- 5 – 6 Cross right over left, Make ¼ turn right stepping back on left (9:00)
- 7 – 8 Step right to right side, Step forward on left

**[25-32] Step R, ½ pivot L, x2, Touch R, step, Touch L, step**

- 1 – 2 Step forward on R, pivot ½ turn left
- 3 – 4 Step forward on R, pivot ½ turn left
- 5 – 6 Touch right to right side, Step right next to left
- 7 – 8 Touch left to left side, Step left next to right (9:00)

**PART C - 32 counts**

**[1-8 ] Sway R, Sway L, Sway RLRL**

- 1 – 4 Step right to right side (sway), Hold, Step left to left side (sway), Hold
- 5 – 8 Sway right, left, right, left

**[9-16] 1/8 Paddle turns L, x4 (Half Turn)**

- 1 – 4 Step on ball of right, 1/8 turn left, Repeat
- 5 – 8 Step on ball of right, 1/8 turn left, Repeat (6:00)

**[17-24] Sway R, Sway L, Sway RLRL**

- 1 – 4 Step right to right side (sway), Hold, Step left to left side (sway), Hold
- 5 – 8 Sway right, left, right, left

**[25-32] 1/8 Paddle turns L, x4 (Half Turn)**

- 1 – 4 Step on ball of right, 1/8 turn left, Repeat
- 5 – 8 Step on ball of right, 1/8 turn left, Repeat (12:00)

**\*Ending wall 12, after count 31, Unwind 3/4 turn L to face Front wall.**

**Note : This dance is dedicated to all my friends that I met through line dancing, and a big Thank you to Camy Kuok for this lovely song.**

**Enjoy the dance!**

**Contact - soowong88@yahoo.com**

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