

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!

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