

# Beautiful Friend

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Intermediate NC2S  
编舞者: Dave Baycroft (UK), Pauline Baycroft, Rachael McEnaney (USA), Dee Musk (UK)  
& Shaz Walton (UK) - October 2013  
音乐: Beneath Your Beautiful (feat. Emeli Sandé) - Labrinth : (iTunes)



(To Craig on your 30th birthday – from us)

16 Count Intro – Approx 12 seconds – Track approx 4 mins 30 secs BPM 84.

**Step L, Step R Twist ½ Turn L, Full Turn R, Full Step Spiral R, Step, Rock Recover.**

1-3            Step forward on L (1), step forward on R (2), twist ½ turn L (3), (weight back on R).  
4&            Making a ½ turn R replace weight back on L (4), making a ½ turn R step forward on R (&).  
5,6            Step forward on L and make a full spiral turn R (5), step forward on R (6).  
7,8            Rock forward on L (7), recover weight to R (8). (6 o'clock).

**Run, Run Sweep, Back Sweep x2, Rock Recover ¼ R, Behind Side, Cross Rock, Side Touch.**

&1            Run back L (&), run back R sweeping L to behind R (1).  
2,3            Step back L sweeping R to behind L (2), step back R sweeping L to behind R (3).  
4&5            Rock back on L (4), recover weight to R (&), make a ¼ turn R stepping L to L side (5).  
6&            Cross step R behind L (6), step L to L side (&).  
7&            Cross rock R over L (7), replace weight to L (&).  
8&            Step R to R side (8), touch L toe beside R (&). (9 o'clock).

**\*\*Restart from here during wall 4 – begin again facing 6 o'clock wall.**

**Side Back Cross, Back Side Cross, Point, Hitch Side, Back Rock Side, Behind ¼ Turn R, ¼ Turn R.**

1&2            Step L to L side (1), step back on R (&), cross L over R (2).  
&3&            Step back on R (&), step L to L side (3), cross R over L (&).  
4            Point L toe to L side (4).  
&5            Hitch L knee in towards R (&), step a large step to L side with L (5).  
6&7            Cross rock R behind L (6), recover weight to L (&), step R to R side (7).  
8&1            Cross step L behind R (8), make a ¼ turn R stepping forward on R (&), make a ¼ turn R stepping L to L side. (3 o'clock).

**Prissy Walk R, Prissy Walk L, Step ¾, Side Rock, Cross Rock Side, Cross Rock, ¼ Turn L.**

2,3            Step R slightly across L (2), step L slightly across R (3).  
4&            Step forward R (4), make a ¾ turn L (&) (weight on L facing 6 o'clock).  
5&            Rock R out to R side (5), recover weight to L (&).  
6&7            Cross rock R over L (6), recover weight to L (&), step R to R side (7).  
8&a            Cross rock L over R (8), recover weight to R (&), make a ¼ turn L on ball of R (a), to begin again from count 1). (3 o'clock).

**\*Restart - during wall 4 dance the first 16 counts - begin again facing 6 o'clock wall.**

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