

Friends Like Mine

COPPER KNOB
BY STEPHEN HETS

拍數: 48

牆數: 3

級數: Easy Intermediate - Viennese waltz tempo



編舞者: Niels Poulsen (DK) - April 2015

音樂: Friends Like You - Bruce Guthro : (iTunes)

Intro: 24 counts from the main beat in the music (app. 17 secs into track). Start with weight on L

NOTE: Because of the Restarts you never dance wall 4, so in effect this is a 3 wall dance!

[1 – 6] ¼ R basic, ½ R basic

- 1 – 3 Turn ¼ stepping R fwd (1), step L next to R (2), change weight to R (3) 3:00
4 – 6 Turn ½ R stepping back on L (4), step R next to L (5), change weight to L (6) 9:00

[7 – 12] ¼ R sway, side L 1/8 L, drag together

- 1 – 3 Turn ¼ R stepping R to R side (1), start swaying upper-body R (2), finish R sway (3) 12:00
4 – 6 Step L to L side turning L foot 1/8 L (4), drag R towards L (5), drag R next to L (6) 10:30

[13 – 18] Fwd R, slow L hitch, run ½ R

- 1 – 3 Step fwd on R (1), start hitching L knee (2), finish L knee hitch (3) 10:30
4 – 6 Step L back (4), turn ¼ R stepping R to R side (5), turn ¼ R on R stepping L fwd (6) 4:30

[19 – 24] Fwd R, slow L hitch, run back L R L

- 1 – 3 Step fwd R (1), start hitching L knee (2), finish L knee hitch (3) 4:30
4 – 6 Run back on L (4), run back on R (5), run back on L (6) 4:30

[25 – 30] 1/8 R prep, sweep ½ L

- 1 – 3 Turn 1/8 R stepping R to R side (1), point L to L side and start turning upper-body slightly R (2), finish turn in upper-body which is facing 7:30 (3)

* Add Tag 1 here, see below for info 6:00

- 4 – 6 Turn ¼ L onto L (4), turn ¼ L on L starting to sweep R fwd (5), finish R sweep fwd (6) 12:00

[31 – 36] R twinkle, cross, 3/8 L, back L

- 1 – 3 Step R towards L diagonal (1), step L towards L diagonal (2), brush R past L stepping R diagonally fwd R (3) 1:30
4 – 6 Cross L over R (4), turn 3/8 L stepping back on R (5), step back on L (6) 9:00

[37 – 42] Back R, drag L with hook, fwd L, slow R sweep fwd

- 1 – 3 Step back on R (1), drag L towards L (2), hook L foot in front of R leg (3) 9:00
4 – 6 Step fwd on L (4), start sweeping R fwd (5), finish R sweep fwd (6) 9:00

[43 – 48] Weave, L step slide

- 1 – 3 Cross R over L (1), step L to L side (2), cross R behind L (3) 9:00
4 – 6 Step L a big step to L side (4), start sliding R towards L (5), slide R next to L (6) 9:00

Begin again!...

Tag 1 : Happens twice: on wall 3 and 6 (both start at 6:00). After count 27 you add this 3 count Tag (facing 12:00): Sway L to L side dragging R next to L over 3 counts. Then Restart 12:00

Restart: On wall 8 (starts at 9:00) after 24 counts. Normally you will be facing 1:30 at this point. However, on count 22 don't start running backwards, instead you turn 1/8 L stepping L to L side and dragging R next to L over 3 counts. Then Restart facing 12:00

NOTE! - 3 ways to remember your 3 first Restarts: 1) they all happen af 12:00, 2) they happen right after the instrumental part of the song has finished, 3) they always have a step sliding action to the L to make the restart to the R side easy. 12:00

Tag 2 : Finish wall 9 (now facing 9:00), then add this Tag:

Step slide R, ball sway R, step slide L

1 – 9 Step R to R side (1), slide L towards R (2-3), step L next to (&), step R to R side swaying body to R side (4-6), step L to L side sliding R next to L (7-9). Now Restart facing 9:00

Ending: Wall 11 is your last wall (starts at 6:00). Do the first 27 counts.

You're now facing 12:00. Don't do your ½ sweep, just add 2 sways, first to the L and then to the R 12:00

Contact: niels@love-to-dance.dk - www.love-to-dance.dk
