

Friday I'm in Love

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - October 2015
音樂: Friday I'm In Love - Natalie Imbruglia : (amazon)



Start after 8 count intro, beat really kicks in during wall 2 – [132bpm – 3mins 14secs]

[1-8] R heel jack, R weave 4, L cross rock/recover

1&2& Cross step R over L, step L back, touch R heel forward, step R back,
3-6 Cross step L over R, step R side, cross step L behind R, step R side
7-8 Cross rock L over R, recover weight on R

[9-16] ¼ L shuffle, ½ L shuffle, L back rock/recover, L fwd, ½ R pivot turn

1&2 Turning ¼ left step L forward, step R together, step L forward
3&4 Turning ½ left step R back, step L together, step R back
5-8 Rock L back, recover weight on R, step L forward, pivot ½ right (9 o'clock)

[17-24] L & R heel switches, R ball cross to side rock/recover, R behind, ¼ L, R & L fwd

1&2& Touch L heel forward, step L together, touch R heel forward, step R back
3-5 Cross step L over R, rock R side, recover weight on L
6&7 Cross step R behind L, turning ¼ left step L forward, step R forward (6 o'clock)
8 Step L forward

RESTART: During wall 2 which begins facing back wall, dance up to here and restart facing front wall

[25-32] R fwd, L kick ball change, L fwd rock/recover, L ball cross side, R cross touch

1, 2&3 Step R forward, kick L forward, step L together, step R together
4-5 Rock L forward, recover weight on R
&6 Step L side, cross step R over L
7-8 Step L side, cross touch R over L

[33-40] R side touch, ¼ R sailor, L cross touch, L side touch, L sailor, R cross step

1, 2&3 Touch R to right side, turning ¼ right cross step R behind L, step L side, step R side (9 o'clock)
4-5 Cross touch L over R, touch L to left side
6&7 Cross step L behind R, step R side, step L side
8 Cross step R over L

[41-48] L side rock/recover, L behind-side-cross, ¼ R Monterey, L side mambo

1-2 Rock L side, recover weight on R
3&4 Cross step L behind R, step R side, cross step L over R
5-6 Point R side, turning ¼ right step R together (12 o'clock)
7&8 Rock L side, recover weight on R, step L together

[49-56] ¼ R syncopated jazz box into R side rock/recover, ¼ R toaster step, L fwd

1-2 Cross R over L, step L back
&3-5 Turning ¼ right step R side, cross step L over R, rock R side, recover weight on L (3 o'clock)
6&7 Turning ¼ right step R back, step L together, step R forward (6 o'clock)
8 Step L forward

RESTART: During wall 4 which begins facing back wall, dance up to here and restart facing front wall

[57-64] Walk and shuffle around full circle to the left

1-2 As you execute a full left circle walk around R, L
3&4 Step R forward, step L together, step R forward

5-6 Continuing with the full left circle walk around L, R
7&8 Step L forward, step R together, step L forward (6 o'clock)

TAG: At end of wall 5 facing back wall: R & L syncopated forward rock steps, ½ L pivot, walk fwd R/L

1-2& Rock R forward, recover weight on L, step R together

3-4& Rock L forward, recover weight on R, step L together

5-8 Step R forward, pivot ½ left (12 o'clock), walk forward R, L

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