

Friend Zone

拍數: 64 牆數: 1 級數: Phrased Novice / Intermediate
編舞者: Pim van Grootel (NL) & Bella Scholtz  - December 2015
音樂: Friend Zone - Danielle Bradbery



Starts after: After 16 Counts - Sequence: A,B,C, A,B,C, B,Tag, C,C, B,B, A

Part A: 32 counts

A1: Heel Fwd, Touch, Side Touch, Kick Fwd, Close, Step Out, Bounce 2x, Sailor R, L, Close Step

1 RF□Heel forward
& RF□Touch next to LF
2 RF□Touch to right side
& RF□Touch next to LF
3 RF□Kick forward
& RF□Step next to LF
4 LF□Step to left side, Bounce the shoulders
& Bounce the shoulders
5 RF□Cross behind LF
& LF□Small step to left side
6 RF□Small step to right side
& LF□Cross behind RF
7 RF□Small step to right
& LF□Small step to left
8 RF□Close next to LF

A2: Heel Fwd, Touch, Side Touch, Kick Fwd, Close, Step Out, Bounce 2x, Sailor R, L, Close Step

1 LF□Heel forward
& LF□Touch next to RF
2 LF□Touch to left side
& LF□Touch next to RF
3 LF□Kick forward
& LF□Step next to RF
4 RF□Step to right side, Bounce the shoulders
& Bounce the shoulders
5 LF□Cross behind RF
& RF□Small step to right side
6 LF□Small step to left side
& RF□Cross behind LF
7 LF□Small step to left
& RF□Small step to Right
8 LF□Close next to RF

A3: Step Diagonal R, Sailor Step L, Step Diagonal L, Sailor Step R Turn 3/8 Turn R, Step Diagonal R, Sailor Step L 1/8 Turn R, Step Left Diagonal, Sailor Step R 1/2 Turn R

1 RF□Step diagonal Right forward□(1.30)
2 LF□Cross behind RF
& RF□Small step to right side
3 LF□Step diagonal Left forward□□(10.30)
4 RF□Cross behind LF
& LF□1/4 Turn Right, Stepping in place
5 RF□Step diagonal Right forward□(4.30)
6 LF□Cross behind RF

- & RF □ 1/8 Turn Right, Stepping forward □ (6.00)
- 7 LF □ Step diagonal Left forward
- 8 RF □ Cross behind LF
- & LF □ 1/4 Turn Right, Stepping in place □ (3.00)
- 1 RF □ 1/4 Turn Right, Stepping forward □ (12.00)

A4: Walk L Fwd, Mambo R, Step Back, Bounce 2x, Diagonal L Back, Touch, Diagonal R Back, Touch, Coaster Step

- 2 LF □ Step forward
- 3 RF □ Step forward
- & LF □ Recover weight
- 4 RF □ Step backwards, Bounce Shoulders
- & Bounce Shoulders
- 5 LF □ Step diagonal Left backwards
- 7 RF □ Touch next to LF
- 6 RF □ Step diagonal Right backwards
- & LF □ Touch next to RF
- 7 LF □ Step backwards
- & RF □ Close next to LF
- 8 LF □ Step forward

Part B: 16 counts

B1: Side Step, Together, Cross, 1/4 Turn L, Step 1/2 Turn L, 1/4 Turn L, Touch, Side Step, Cross, Side, Behind

- 1 RF □ Step to right side
- 2 LF □ Close next to RF
- & RF □ Cross over LF
- 3 LF □ 1/4 Turn Left, Stepping forward □ (9.00)
- 4 RF □ Step forward
- & LF □ 1/2 Turn L, Stepping forward □ (3.00)
- 5 RF □ 1/4 Turn L, Stepping to right side □ (12.00)
- & LF □ Touch next to RF
- 6 LF □ Step to left side
- 7 RF □ Cross over LF
- & LF □ Step to left side
- 8 RF □ Cross behind LF

B2: Rock Side, 1/4 Turn R, 3/4 Turn R, Cross Step, Step Back 1/4 Turn L, 1/4 Turn L, 1/2 Turn L, Walk L,R,L

- 1 LF □ Big step to left side
- 2 RF □ 1/4 Turn Right, Stepping forward □ (3.00)
- 3 LF □ 1/2 Turn Right, Stepping backwards □ (9.00)
- & RF □ 1/4 Turn Right, Stepping to right side □ (12.00)
- 4 LF □ Cross over RF
- 5 RF □ 1/4 Turn Left, Stepping backwards □ (9.00)
- 6 LF □ 1/4 Turn Left, Stepping forward □ (6.00)
- 7 RF □ 1/2 Turn Left, Stepping backwards □ (12.00)
- & LF □ Small step backwards
- 8 RF □ Small step backwards
- & LF □ Small step backwards

Part C: 16 counts

C1: Step Side, Hip Rolls, Weight Change, Hip Rolls, Ball Cross

- 1 RF □ Step to right side
- 2 Roll hips
- 3 Roll hips

- 4 Roll hips
- 5 LF□Recover weight
- 6 Roll hips
- 7 Roll hips
- & RF□Close next to LF
- 8 LF□Cross over RF

C2: Step Diagonal R Fwd, Touch, Step Diagonal L Fwd, Touch, 2X Step Fwd ½ Turn L, Step Fwd ½ Turn L, Touch

- 1 RF□Step diagonal Right forward
- & LF□Touch next RF
- 2 LF□Step diagonal Left forward
- & RF□Touch next to LF
- 3 RF□Step diagonal Right forward
- & LF□Touch next to RF
- 4 LF□Step diagonal Left forward
- & RF□Touch next to LF
- 5 RF□Step forward
- 6 LF□½ Turn Left, Stepping forward
- 7 RF□Step forward
- & LF□½ Turn Left, Stepping forward
- 8 RF□Touch next to LF

NOTE'S:

Tag: The Tag will take place after doing part B for the third time, (you have done A,B,C,A,B,C,B) doing the following steps:

Step Side, Touch, Step Side, Touch

- 1 RF□Step to right side
- 2 LF□Touch to left side
- 3 LF□Step to left side
- 4 RF□Touch to right side

After this Tag you will continue the dance with part C.

Have Fun, Good Luck and Enjoy
