

We'll Be There For You

拍數: 64

牆數: 2

級數: Intermediate

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音樂: I'll Be There for You - The Rembrandts : (Theme Song from Friends)

Start dance after 4x8's

SET 1: R DIAGONAL FWD LOCK STEPS, SCUFF, L DIAGONAL FWD LOCK STEPS, SCUFF □

1-4 Step RF diagonal R fwd, Lock LF behind RF, Step RF diagonal fwd, Scuff LF □12:00
5-8 Step LF diagonal L fwd, Lock RF behind LF, Step LF diagonal fwd, Scuff RF □12:00

SET 2: ROCK, HOLD, RECOVER, BACK, OUT, CLAP CLAP

1-4 Rock RF fwd, Hold, Recover on LF, Hold □12:00
5-8 Step RF to diag R back, Step LF out to L, Clap 2x □12:00

SET 3: R KICK 2X, TOGETHER, POINT, L KICK 2X TOGETHER POINT

1-4 Kick RF fwd 2x, Step RF next to LF, Point LF to L □12:00
5-8 Kick LF fwd 2x, Step LF next to RF, Point RF to R □12:00

SET 4: ¼R JAZZ BOX, BIG STEP R, DRAG, BACK ROCK

1-4 Cross RF over LF, Step LF back, ¼R step RF to R, Cross LF over RF □3:00
5-8 RF take a big step to R, Drag LF towards RF, Rock LF back, Recover on RF □3:00

SET 5: DIAGONAL STEP TOUCHES, ¼R TOUCHES

1-4 Step LF to diag L fwd, Touch RF next to LF, Step RF to diag R fwd, Touch LF next to RF □3:00
5-8 ¼R Stepping LF to L, Touch RF next to LF, Point RF to R, Touch RF next to LF □6:00

SET 6: TOE STRUT, CROSS TOE STRUT, SIDE TOGETHER, HIP PUSHES

1-4 Touch R toes to R diag, Step down on RF, Touch L toes across RF, Step down on LF □6:00
5-8 Step RF to R, Close LF next to RF, Push hip backward, Bring hip to center □6:00

SET 7: OUT OUT IN IN, ROCKING CHAIR

1-4 Step RF to diag R fwd, Step LF to diag L fwd, Step RF to centre, Step LF next to RF □6:00
5-8 Rock RF fwd, Recover on LF, Rock RF back, Recover on LF □6:00

*Restart here on Wall 2 (12:00) □

SET 8: STEP KICK, STEP KICK, HIP BUMPS 4X

1-4 Step RF to R, Kick LF across RF, Step LF to L, Kick RF across LF □6:00
5-8 Bump hips to R, L, R, L □6:00

Start Again!

Restart: Restart dance after 56 counts on Wall 2. You'll be facing 12:00.

Tag: On Wall 7, dance until count 32 (facing 3:00). Turn ¼L and run 3 steps fwd – LF, RF, LF and scuff RF to start the dance again facing 12:00.

Note: This dance is choreographed as a tribute to the Lim Family, who have tirelessly organised the annual Dance For Good Health, Peace and Joy, in supporting them to fight Cancer.

Last Update - 18th Dec. 2015

