

# Buddies

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Betty Lee (CAN) - May 2016  
音樂: Nan Xiong Nan Di by Camy Tang



## Intro:

- 1,2& 3,4&      Clap hands at R upper corner, Clap hands at L upper corner  
5,6& 7,8&      Clap hands at R lower corner, Clap hands at L lower corner
- 1-8      (Step R out, Step L out, Step R in, Step L in) X2  
9-16      Repeat 1-8
- 1-8      Twist to the R  
9-16      Twist to the L
- 1-8      Lean to the R, Swaying hips and arm movements like hitting a drum  
9-16      Lean to the L, Swaying hips and arm movements like hitting a drum
- 1-8      Straighten R arm, point & move arm from L to R, change wt. from L to R  
9-16      Straighten L arm, point & move arm from R to L, change wt. from R to L

## Section 1: Step, Scuff, Step, Scuff, Jazz Box/Scuff

- 1-4      Step forward R, Brush L heel next to R, Step forward L, Brush R heel next to L  
5-8      Cross R over L, Recover on L, Step R to side, Brush L heel (wt. remains on R)

## Section 2: Back, Touch, Back, Touch, TwistX3, Hold

- 1-4      Step back L, Touch R beside L, Step back R, Touch L beside R  
5-8      Swivel heels, toes, heels, traveling to the L, Hold

## Section 3: TwistX3, Flick, Step, Lock, Step, Stomp

- 1-4      Swivel heels, toes, heels, traveling to the R, Angle body to R diagonal/Flick L behind  
(option: as you flick, cup your hands under your chin like a flower and look to 12:00 and smile OR throw your arms up in the air)  
5-8      Step Fwd L (12:00), Lock step R behind, Step L Fwd, Stomp R next to L (wt. remains on L)

## Section 4: Twist down, Twist up, Run ¾ turn L

- 1-4      On the spot, swivel heels R,L,R,L as you're lowering and rising your body(wt. ends on L)  
5-8      Run R,L,R,L, making ¾ turn L (3:00)

## Repeat

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