Asking For A Friend

拍數: 32

級數: Improver

編舞者: Cody James Lutz (USA) - September 2018

音樂: Asking for A Friend - Devin Dawson

#32 Count Intro. This is an easy dance, but has additional styling options to keep it fun for experienced dancers!

(1-8) DIAG. STEP, TOUCH, REPLACE, BALL, CROSS, 1/8 TURN DIAG. OUT, TOUCH, 1/8 TURN BIG STEP BACK, ¼ TURN TOUCH

- 12& Step R forward at a diagonal to right, touch L next to R, step L back to original spot (12)
- 34 Step ball of R next to L, cross L over R (12)
- 56 Make a 1/8 turn L stepping R to R side, touch L next to R (10:30)
- 7 Make a 1/8 turn R taking a big step back on L dragging R foot towards L (12)
- 8 Make a 1/4 turn R touching R next to L (3)

(Harder option: On Count 8, hitch your R knee slightly as you begin turning to fall into forward shuffle instead of touching R next to L, especially during the chorus)

(9-16) 1/4-TURN SHUFFLE, ROCK, RECOVER, 1/2-TURN SHUFFLE, FULL TURN

- 1&2 Make a 1/4 turn R stepping forward on R, step L together with R, step forward on R (6)
- 34 Rock forward on L, recover weight to R (6)
- 5&6 Make a 1/2 turn L stepping forward forward on L, step R together with L, step forward on L (12)
- 78 Make a 1/2 turn L stepping back on R, make a 1/2 turn L stepping forward on L (12)

(17-24) DIAGONAL STEPS AND TOUCHES (x3), 1/4 TURN STEP, TOUCH

- 12 Step R forward at a diagonal, touch L next to R (12)
- 34 Step L forward at a diagonal, touch R next to L (12)
- 56 Step R back at a diagonal, touch L next to R (12)
- 78 Make a 1/4 turn L stepping L forward at a diagonal, touch R next to L (9)*

(Styling: As you move forward and back, let your body move freely towards the L, R, L side walls; don't worry about facing forward at all times. This should feel smooth and hit the music)

(25-32) SWITCH-TOUCHES W/ HOLD (x2), HIP ROLLS (x2)

- 12& Touch R to R side, hold, step R next to L (9)
- 34& Touch L to L side, hold, step L next to R (9)
- 56 Make a 1/4 turn L stepping R to R side, rolling hips counter-clockwise to L (6)
- 78 Make a 1/4 turn L stepping R to R side, rolling hips counter-clockwise to L (3)**

(Harder Options: Side-Rocks instead of Switch-Touches, 1 ½ turn instead of hip rolls)

- 12& Rock R to R side, recover weight to L, step ball of R next to L (9)
- 34& Rock L to L side, recover weight to R, step L next to R (9)
- 56 Step forward on R, pivot 1/2 turn L taking weight on L (3)
- 78 Make a 1/2 turn L stepping back on R, make a 1/2 turn L stepping forward on L (3)

*Restart on Wall 3 after Count 24. Instead of making a 1/4-turn on Counts 23-24, instead stay squared to the front wall, step back on L to L diagonal, touch R next to L, and restart the dance.

**At the end of Walls 5 and 9, repeat the last 8 counts. You'll be facing the front wall the first time and the back wall the second time. It hits the same part of the music both times. I like to use the 1.5 turn on Counts 30-32 here to lead into the faster-tempo chorus.

Last Update - 25th Sept. 2018





牆數:4