

Friends

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - February 2019
音樂: Friends - Justin Bieber & BloodPop® : (iTunes)



(0 count intro/ Start immediately) No Tags Or Restarts

[S1] Cross, Side, Behind, Sweep, Behind, 1/4R, Fwd, Sweep

1 2 Cross R over L, Step L to left
3 4 Step R behind L, Sweep L around R
5 6 Step L behind R, Make a ¼ turn right stepping forward on R
7 8 Step forward on L, Sweep R around L (3:00)

[S2] Cross, Side, Behind, Sweep, Behind-Side-Cross-Side, Back, Kick

1 2 Cross R over L, Step L to left
3 4 Step R behind L, Sweep L around R
5&6& Step L behind R, Step R to right, Cross L over R, Step R to right
7 8 Step back on L, Kick forward on R (3:00)

[S3] Back Rock, Side-Touch, 1/4L Side-Touch, 1/4L Side-Touch

1 2 Step back on R, Recover weight on L
3 4 Step R to right, Touch L next to R
5 6 Make a ¼ turn left stepping L to side, Touch R next to L
7 8 Make a ¼ turn left stepping R to side, Touch L next to R (9:00)

[S4] Side Rock, Hinge 1/2L Side Shuffle, Cross Rock, 1/4R Walk Walk

1 2 Rock/step L to left, Recover weight on R
3&4 Make a ½ turn left stepping L to left, Step R next to L, Step L to left
5 6 Rock/cross R over L, Recover weight on L
7 8 Make a ¼ turn right stepping forward on R, Step forward on L (6:00)

[S5] Side, Behind, 1/4R Shuffle Fwd, Step-Pivot 3/4R Side Shuffle

1 2 Step R to right, Step L behind R
3&4 Make a ¼ turn right stepping forward on R, Step L next to R, Step forward on R
5 6 Step forward on L, Make a ¾ turn right recover weight on R
7&8 Step L to left, Step R next to L, Step L to left (6:00)

[S6] Behind, 1/4L Shuffle Fwd, Step-Pivot 3/4L Side Shuffle, Back

1 Step R behind L
2&3 Make a ¼ turn left stepping forward on L, Step R next to L, Step forward on L
4 5 Step forward on R, Make a ¾ turn left recover weight on L
6&7 Step R to right, Step L next to R, Step R to right
8 Step back on L (6:00)

[S7] 2x Sailor Back, Back, Back, Out-Out, Back

1&2 Sweep and cross R behind L, Step L to left side, Step slightly back right
3&4 Sweep and cross L behind R, Step R to right side, Step slightly back left
5 6 Step back on R, Step back on L
&7 8 Step out on R, Step out on L, Step back on R (6:00)

[S8] Back Rock, 1/2R Shuffle Back, 1/2R Shuffle Fwd, Shuffle Fwd

1 2 Rock/step back on L, Recover weight on R

3&4 Make a ½ turn right stepping back on L, Step R next to L, Step back on L
5&6 Make a ½ turn right stepping forward on R, Step L next to R, Step forward on R
7&8 Step forward on L, Step R next to R, Step forward on L (6:00)

**Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 5/Feb/19)**
