

Forever Friend

COPPER KNOB
STEPSHEETS

拍數: 136 牆數: 1 級數: Phrased High Beginner
編舞者: Ahn Sung Hee (KOR) - June 2019
音樂: An Eternal Friend (영원한 친구) (Dance Mix) - NAMI (나미)



Intro : 68 - 2 Tag! No Restart!

Sequence of the dance: A(after8,16count-tag1)-B-B-tag2-B-C-A(after8,16count-tag1)-B-B-D-D

PART-A: 40 counts

Sec1: WEAVE R,V STEP

1-4 Step RF to R side, step LF behind RF,step RF to R side,step LF cross over RF
5-8 Step RF to diagonal R,step LF to diagonal L,step RF to centre,step LF to centre

Sec2: WEAVE R,V STEP

1-4 Step RF to R side, step LF behind RF,step RF to R side,step LF cross over RF
5-8 Step RF to diagonal R,step LF to diagonal L,step RF to centre,step LF to centre

Sec3: CHARLESTON STEP

1-4 Step RF forward, kick LF forward, step LF back, touch RF back
5-6 Step RF forward, kick LF forward, step LF back, touch RF back

Sec4: CROSS,POINT x2,BACK CROSS,POINT x2

1-4 Step RF cross over LF,point LF to L side,step LF cross over RF,point RF to R side
5-8 Step RF behind LF,point LF to L side,step LF behind RF,point RF to R side

Sec5: JAZZ BOX,OUT-OUT,HOLD,IN-IN,KNEE/HEEL POP

1-4 Step RF cross over LF,step LF back,step RF to R side,step LF fwd
&5-6 Step RF to R side,step LF to L side,hold on count 6
&7&8 Step RF to centre,step LF together,bend both knees lifting heels up,straighten both legs
 lowering heels down ending with weight on L

PART-B: 32 counts

Sec1: STEP FORWARD R-L-R-L,2 SWIVELS RIGHT

1-4 Step fwd RF-LF-RF-LF
5-8 Both heels right,both heel back x2

Sec2: STEP BACK R-L-R-L,STEP R-L-R-L

1-4 Step back RF-LF-RF-LF
5-8 Step in place RF-LF-RF-LF

Sec3: ROLLING VINE,TOUCH,WITH CLAP, R-L

1-4 1/4 R turn step RF fwd,1/2 R turn step LF back,1/4 R turn step RF to R side,touch LF beside
 RF with clap
5-8 1/4 L turn step LF fwd,1/2 L turn step RF back,1/4 L turn step LF to L side,touch RF beside
 LF with clap

Sec4: STEP R SIDE,HOLD,HIP BUMP x3,TOGETHER

1-4 Step RF to R side with weight on R,hold on count 2-4
5-8 Hip bump R x3,step LF beside RF

PART-C: 32 counts

Sec1: VINE RIGHT,TOUCH,SIDR-CROSS TOUCH x2

1-4 Step RF to R side,step LF behind RF,step RF to R side,touch LF beside RF

5-8 Step LF to L side,touch RF cross over LF,step RF to R side,touch LF cross over RF

Sec2: VINE LEFT, TOUCH, SIDE-CROSS TOUCH x2

1-4 Step LF to L side,step RF behind LF,step LF to L side,touch RF beside LF

5-8 Step RF to R side,touch LF cross over RF,step LF to L side,touch RF cross over LF

Sec3: STEP HITCH WITH CLAP, STEP HITCH 1/2 R TURN WITH CLAP

1-4 Step RF fwd,hitch LF with clap,step LF fwd,1/2 R turn hitch RF with clap

5-8 Rock RF fwd,recover LF,rock RF back,recover LF

Sec4: STEP HITCH WITH CLAP, STEP HITCH 1/2 R TURN WITH CLAP

1-4 Step RF fwd,hitch LF with clap,step LF fwd,1/2 R turn hitch RF with clap

5-8 Rock RF fwd,recover LF,rock RF back,recover LF

PART-D: 32 counts

Sec1: STEP FORWARD R-L-R-L, SIDE, CROSS KICK x2

1-4 Step fwd RF-LF-RF-LF

5-8 Step RF to R side,kick LF cross over RF,step LF to L side,kick RF cross over LF

Sec2: STEP BACK R-L-R-L, SIDE, CROSS KICK x2

1-4 Step back RF-LF-RF-LF

5-8 Step RF to R side,kick LF cross over RF,step LF to L side,kick RF cross over LF

Sec3: VINE RIGHT, TOUCH, VINE LEFT, TOUCH

1-4 Step RF to R side,step LF behind RF,step RF to R side,touch LF beside RF

5-8 Step LF to L side,step RF behind LF,step LF to L side,touch RF beside LF

Sec4: : STEP R SIDE, HOLD, HIP BUMP x3, TOGETHER

1-4 Step RF to R side with weight on R,hold on count 2-4

5-8 Hip bump R x3,step LF beside RF

REPEAT

Tag1: 1/2 L PADDLE TURN- 4 count

1-4 1/8 L turn touch RF to R side x4

Tag2: ROCKING CHAIR-8COUNT

1-8 Rock RF fwd,recover LF,rock RF back,recover LF x2

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