Walking Old Friend



拍數: 48 編數: 2 級數: Phrased Improver

編舞者: Angéline Fourmage (FR), Maryse Fourmage (FR) & Aëla Fourmage (FR) - June

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音樂: Old Friend - Elderbrook

Start : 40 counts (20s approximately) Part A : 32 counts Part B : 16 counts

Sequence: A-B-A-A-A-B-A-A-A-A-A

Part A: 32 counts

[1-8] Point, Point, Touch, chest pop, Point, Point, Touch, chest pop

1&2& Point RF to R side, RF next to LF, Point LF to L side, LF next to RF

3&4 Touch RF FW, pop chest out, pop chest in

&5&6& RF next to LF, Point LF to L side, LF next to RF, Point RF to R side, RF next to LF

7&8 Touch LF FW, pop chest out, pop chest in

[9-16] Step Back, Step Back, Coaster-Step, Step FW, Ball Hitch, Step turn ½ L

1-2 LF Back, RF Back

3-4 LF Back, RF next to RF, LF FW &5-6 RF next to LF with L Hitch, LF FW 7-8 RF FW, Turn ½ L (weight is on LF)

[17-24] Rock-Side, Rock-Side, Ball, Kick, Cross Schuffle, Step Back 1/4 R

1-2& RF to R side, Recover to LF, RF next to LF

3-4 LF to the L side, Recover to RF

5-6& LF next to RF with R Kick to R side, Cross RF over LF, LF to L side

7-8 Cross RF over LF, Make ¼ R with LF Back

[25-32] Step-Side, Mambo, Mambo, Step-Turn ½ R, Stomp

1-2& Make ¼ R with RF to R side, Cross LF over RF, Recover to RF

3-4& LF to L side, Cross RF over LF, Recover to LF

5-6 RF to R side, LF FW

7-8 Turn ½ R (weight is on RF), Stomp LF next to RF

Part B: 16 counts

[1-8] Basic Night-Club R, Basic Night-Club L, 1/2 Diamant L

1-2& RF to R side, Cross LF behind RF, Cross RF over LF3-4& LF to L side, Cross RF behind LF, Cross LF over RF

5-6& Make 1/8 L with RF back, LF back, RF back

7-8& Make 1/8 L with LF to L side, Make 1/8 L with RF FW, LF FW

[9-16] 1/8L Basic Night-Club R, Basic Night-Club L, 1/2 Diamant L

1-2& Make 1/8 L with RF to R side, Cross LF behind RF, Cross RF over

3-4& LF to L side, Cross RF behind LF, Cross LF over RF

5-6& Make 1/8 L with RF back, LF back, RF back

7-8& Make 1/8 L with LF to L side, Make 1/8 L with RF FW, Make 1/8L with LF FW

NOTA: RF = Right Foot, LF = Left Foot, FW = Forward

Smile and enjoy the dance

Contact: maellynedance@gmail.com

