

# Friends

拍數: 32      牆數: 4      級數: Easy Improver  
編舞者: Bonita Malone (USA) - January 2020  
音樂: Friends - Ella Henderson



## #8 count introduction - No Tags, No Restarts

### R SIDE CHASSE', COASTER STEP, FWD SHUFFLE, FRT MAMBO RECOVER 1/4

1&2      Step R (1), close L next to R (&), step R side (2)  
3&4      Coaster step LRL (3&4)  
5&6      Step R fwd (5), shuffle (&6)  
7&8      Rock fwd L (7), recover R (&), ¼ turn L (8) [9:00]

### STEP R CROSS FRT, STEP BACK L, SIDE R, STEP L CROSS FRT, STEP R SIDE, STEP L CROSS FRT, STEP BACK R, STEP L SIDE, STEP R CROSS FRT, STEP L SIDE

12&      Step R cross frt (1), step back L (2), step R side (&)  
34      Step L cross frt (3), step R side (4)  
56&      Step L cross frt (5), step back R (6), step L side (&)  
78      Step R cross frt (7), step L side (8)

### R CROSS BACK, L SIDE, STEP R CROSS FRT, ROCK L SIDE, RECOVER, STEP L CROSS FRT, ¼ TURN R SHUFFLE PIVOT ½ TURN, STEP L FWD

1&2      Step R cross back (1), step L side (&), step R cross frt (2)  
3&4      Rock L side (3), recover R (&), step L cross frt (4)  
5&6      ¼ turn step R (5), shuffle (&6) [12:00]  
7&8      Pivot ½ turn L,R (7&), step fwd L (8) [6:00]

### 3 DOROTHY STEPS, ROCK L FWD, RECOVER, STEP BACK L ¼ TURN TO R

12&      Step R (1), lock L behind R (2), step R (&)  
34&      Step L (3), lock R behind L (4), step L (&)  
56&      Step R (5), lock L behind R (6), step R (&)  
78&      Rock fwd L (7), recover R (8), step back L ¼ turn to R [9:00]

---