

I'm Your Friend

拍數: 32 牆數: 4 級數: Improver
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音樂: You've Got a Friend - Susan Wong



Intro 16 counts - 1 TAG

Sect 1: SIDE, CROSS ROCK , CHASSE ¼ TURN RIGHT, PIVOT ½ RIGHT, SHUFFLE ½ RIGHT

1 2 3 Step L to side – cross rock R over L – recover on L
4 & 5 Step R to side – L beside R – ¼ turn right step R forward(3.00)
6 – 7 Step L forward – turn ½ right step on R(9.00)
8 & 1 ¼ turn right step L to side – step R beside L – ¼ turn right step L back....(3.00)

Sect 2: BACK ROCK , KICK & TOUCH , TOUCH IN STEP OUT, SAILOR ¼ RIGHT

2 – 3 Rock R back – recover on L
4 & 5 Kick R forward – step R in place – touch L to side
6 – 7 Touch L beside R – step L to side
8 & 1 Sweep R behind L – ¼ turn right step L beside R – step R forward(6.00)

Sect 3: FORWARD, ½ TURN LEFT, BACK SHUFFLE, BACK MAMBO, FORWARD LOCK SHUFFLE

2 – 3 Step L forward – ½ turn left step R back(12.00)
4 & 5 Step L back – R beside L – step L back
6 & 7 Step R back – recover on L – step R forward
8 & 1 Step L forward – R lock behind L – step L forward

Sect 4: TURN ¼ LEFT, CROSS SHUFFLE, SWAY, SIDE & CLOSE

2 – 3 Rock R forward - ¼ turn left recover on L.....(9.00)
4 & 5 Cross R over L – step L to side – cross R over L
6 – 7 Step L to side and sway – sway right
8 & Step on L – close R beside L

*TAG : after wall 4 (facing front)

1 2 3 Step L to side – cross rock R over L – recover on L
4 & 5 Chasse to side on R-L-R
6 – 7 Cross rock L over R – recover on R
8 & Step L to side – close R beside L

Stay safe and have fun !!!!!

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