Need A Friend

拍數: 32 **牆數:** 2 **級數:** Improver
編舞者: Iriani (INA) - June 2020
音樂: Help Me Make It Through the Night (feat. Loren Allred) - Michael Bublé

Intro Music 4 count
Intro Dance 16 count
No Tag, No Restart

INTRO DANCE
(1-8) SIDE, CROSS OVER, BACK LOCK SHUFFLE DIAGONAL, BACK, RECOVER, CHASSE

1 2 3	Step R to R (1), step L cross R diagonal 1.30 (2) recover R (3)
4 & 5	Step back on L (1/8 turn L),(4) step R over L (&), step back on L (5) (12.00)
6 7	Step R back(6), recover L (7)
8&1	Step R to R (8) step L next R (&), step R to R (1)

(9-16) SIDE, CROSS OVER, BACK LOCK SHUFFLE DIAGONAL, BACK, RECOVER, SIDE

2 3	Step L cross R diagonal 1.30 (2) recover R (3)
4 & 5	Step back on L (1/8 turn L), step R over L, step back on L (12.00)
6 7 8	Step R back(6), recover L (7), Step R to R (8)

MAIN DANCE
Sect 1: SIDE, CLOSE, FORWARD, FORWARD LOCK SHUFFLE,TURN 1/4 R, FORWARD, TURN 1/2 R, BACK LOCK SHUFFLE

1 2 3	Step L to L side (1), Step R next to L (2), Step fwd on L (3)
4 &5	Step fwd on R (4), Lock L behind R (&), Step fwd on R (5)
6 7	Turn 1/4 R step L fwd (6) step R fwd (7)
8 & 1	Turn 1/2 R step L back (8) Cross R over L (&), step L back

Sect 2: CLOSE FORWARD, FORWARD, LOCK SHUFFLE, FULL TURN R, FORWARD LOCK SHUFFLE

2 3	Step R next to L (2) step fwd on L (3)
4 & 5	Step fwd R (4) lock L behind R (&) step forward on R (5)
6 7	Turn 1/2 R step L back(6) turn 1/2 R step R fwd(7)
8 & 1	Step fwd L (8) lock R behind L(&) Step L fwd(1)

Sect 3: FORWARD, TURN 1/4 L, CROSS SHUFFLE, SIDE, CLOSE, FORWARD LOCK SHUFFLE

2 3	Step R fwd (2), turn ¼ L step L to left side (3) 6:00
4 & 5	Cross R over L (4), Step L to left side (&), Cross R over L (5) 6:00
6 7	Step L to L(6) step R next to L (7)
8 & 1	Step L fwd(8) lock R behind L (&)Step L fwd(1)

Sect 4: FORWARD, PIVOT 1/2 L, TURN 1/2 L SWEEP L TO BACK, STEP L BACK SWEEP R TO BACK, SWAY L R

2 3 4	Step R fwd(2) pivot turn1/2 L step L in place (3) turn 1/2 L step R back sweep L to back (4)
5 6 7 8	Step L back sweep R to back (5) step R back (6) step L to L side and sway L (7) sway R (8).

Start again!

Enjoy the dance, stay safe

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Last Update – 10 July 2020 - R2