

Need A Friend

拍數: 32 牆數: 4 級數: Improver
編舞者: Jane Young (TW) - July 2021
音樂: Help Me Make It Through the Night (feat. Loren Allred) - Michael Bublé



Intro: 16 counts (4 counts after vocal) / no restart , no tag

Sec-1 R fwd, L mambo back , R back lock back, L side , R side shuffle

- 1. R step fwd 1)
- 2&3 L fwd 2), R step back &), L back
- 4 &5 R back 4), L lock over R &), R back 5)
- 6 Sway to L step L side 6)
- 7 &8 R step side R 8), L tog R &), R step to R side 1)

Sec-2 1/4R L sway to L, Sway to R , 1/8R L fwd, recover to R, L to L side, 1/8L R fwd, recover to L , R to R side (with hands motion)

- 1 -2 1/4R L sway to L side 1), Sway recover to R side 2) 3:00
- 3 -4 1/8R diagonal L fwd(with R hand fwd L hand up) 3), rock back to R 4)
- 5 Square up to 3:00 L to L side 5)
- 6 -7 1/8 L diagonal R fwd (with L hand fwd R hand up) 6), rock back to L 7)
- 8 Square up to 3:00 R to R side 8) 3:00

Sec-3 L sailor, 1/4R R sailor step , L cross over R, Sweep R, R cross shuffle

- 1&2 L behind R 1), R step R side &), L step L side 2)
- 3&4 1/4R R behind L 3), L step L side &), R step R side 4)
- 5 -6 L slightly cross over R step L fwd 5), Sweep R from back to front 6)
- 7&8 R cross over L 7), L to L side &), R cross over L 8) 6:00

Sec-4 L side, 1/4R flick back, R side, L cross R, R side mambo, L-R-L sway

- 1 L step L side 1)
- 2&3 1/4R R flick backward 2), R step R &), L cross R 3)
- 4&5 R step R side 4), recover to L &), R tog with L 5)
- 6-7-8 L to L side while sway to L 6), Sway to R 7), Sway L 8) 9:000

Ending : at 9-Wall facing 12:00 / Step R fwd hold until music end

Enjoy It !