

Best Friend

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Anna Bax (INA) & Retno Wulan Sari (INA) - August 2021
音樂: Best Friend (feat. Doja Cat) - Saweetie



Starting dance after Intro music on vocal 16 counts

I. ANCHOR STEP MODIFIED WITH HITCH, SAILOR STEP, TURN

- 1 & 2 Rock R slightly behind L (3rd position) - Recover on L - Recover on R and hitch L knee up
- 3 & 4 Rock L slightly behind L (3rd position) - Recover on R - Recover on L and hitch R knee up
- 5 & 6 Cross R behind L - Close L beside R - Step R to right side
- 7 & 8 ¼ turn left Cross L behind R - Close R beside L - Step L to left side

II. KICK BALL POINT, SWEEP TURN MODIFIED WITH HIP BUMPS

- 1 & 2 Kick R forward - Close R beside L - Touch L toes to left side
- 3 & 4 Kick L forward - Close L beside R - Touch R toes to right side
- 5 & 6 ½ turn right (facing on 03:00) Sweep on RF Step R beside L with L hips up slightly (body weight on R in place a point on the LF) - Down - Up
- 7 & 8 ½ turn left (facing on 09:00) Sweep on LF Step L beside R with R hips up slightly (body weight on L in place a point on the RF) - Down - Up

III. TURN AND CHUG, HEEL JACK, CORTA JACA

- 1 - 4 Step R to right side - ⅛ turn right chug R to right side (facing on 10:30) - ⅛ turn right chug R to side (facing on 12:00) - ¼ turn right Close R together (facing on 03:00)
- 5 & 6 & Cross L over R - Step R to right side - Touch L heels diagonal forward - Dropped L in place
- 7 & 8 & Rock forward on R heel forward - recover on L - Rock backward on R - Recover on L

IV. SIDE MAMBO AND CROSS, PUSH BACK, HIPS ROTATING

- 1 & 2 Rock R to right side - Recover on L - Cross R over L
- 3 & 4 Rock L to left side - Recover on R - Cross L over R
- 5 - 6 Rock R backward with both hands straight forward (like a pushing motion) body weight on RF - Step L to left side with hips turned to the left
- 7 - 8 Hips turned to the right - Hips turned to the left

Note :

Restart (2x)

On Wall 3 after 16 counts (facing on 03:00) and Wall 6 after 16 counts (facing on 06:00)

Enjoy your dance ♥

For more information about Stepsheets and Song, Please contact :

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