

# My Trusted Friend

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Harry Heng (INA) - November 2021  
音樂: Seasons In the Sun - Westlife



**Restart: 2 On Wall 3 After 24 Counts And Wall 7 After 12 Counts**

## **I : SIDE ROCK, RECOVER, BACK , RECOVER, TOUCH OUT, TOUCH BESIDE, CHASSE**

1 - 2      Step R To R Side (1), Recover On L (2),  
3 - 4      Step R Behind L (3), Recover On L (4)  
5 - 6      Touch R Out To R (5) , Touch R Beside L (6),  
7 & 8      Step R To Side (7), Close L Beside R (&), Step R To Side (8)

## **II : STEP BEHIND, RECOVER, SIDE ROCK , RECOVER, ROCK FWD , RECOVER, ¼ TURN L CHASSE**

1 - 2      Step L Behind R (1), Recover On R (2)  
3 - 4      Step L To Side (3), Recover On R (4)  
**(Restart Here On Wall 7, Change Step On Count 4 From Recover To Touch R Beside L)**  
5 - 6      Rock Forward (5) , Recover On R (6) ,  
7 & 8      ¼ Turn L Step L To Side (7), Close R Beside L (&), Step L To Side (8)

## **III : WEAVE L, SWEEP R, WEAVE R, POINT OUT**

1 - 2      Cross R Over L (1), Step L To Side (2)  
3 - 4      Cross R Behind L(3), Sweep L From Front To Back (4)  
5 - 6      Cross L Behind R (5), Step R To Side (6),  
7 - 8      Cross L Over R (7), Point R To R Side (8)

**(Restart Here On Wall 3, Change Step On Count 8 From Point To Side To Touch R Beside L)**

## **IV : ¼ TURN R, CLOSE TOGETHER, POINT L TO SIDE, CLOSE TOGETHER, POINT R TO SIDE, JAZZ BOX ¼ TURN R**

1 - 2      ¼ Turn R, Close R Beside L (1), Point L To L Side (2),  
3 - 4      Close L Beside R (3), Point R To R Side (4)  
5 - 6      Cross R Over L (5) , Step L Back (6)  
7 - 8      ¼ Turn R Step R To Side (7), Step L Forward (8)

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