

Date a Friend

拍數: 36 牆數: 4 級數: Improver
編舞者: Marianne Langagne (FR) - 2 November 2021
音樂: Date a Friend - Lydia Sutherland



Intro : 16 Counts

Final : The dance ends at count 25 "STEP", make Touch LF behind RF

BRIDGE : OUT R, HOLD, OUT L, HOLD (Place one hand then the other on the heart)

1-2-3-4 RF to the R, Hold, LF to the L, Hold (weight on LF)

[1 - 8] TRIPLE BACK R - L, ROCK BACK , KICK, STEP FWD, TOUCH

1&2 RF Back, Together, RF Back

3&4 LF Back, Together, LF Back

5 - 6 RF Back, Recover on LF

7&8 Kick RF, RF Fwd, Touch L next to RF

[9-16] & OUT OUT FWD, STEP, TRIPLE FWD, STEP ½ TURN R, LARGE SIDE L. ON ¼ TURN R., DRAG

&1-2 LF Diagonally Fwd, RF Diagonally Fwd, LF Fwd (Weight on LF)

3&4 RF Fwd, Together, RF Fwd

5-6 LF Fwd, ½ Turn R (6:00)

7-8 ¼ Turn R - Large Step LF to the L (9:00), Slide R next to LF (Weight on LF)

- HERE RESTART 3rd Wall (Facing 3:00)

[17-24] WIZARD STEP (R - L) & POINT FWD, POINT R TO R, STEP FWD ½ TURN L

1-2 & RF Diagonally Fwd R, Cross LF Behind RF, RF to the R.

3-4 & LF Diagonally Fwd L, Cross RF behind LF, LF to the L.

5-6 R Point Fwd, R Point to the R

7-8 RF Fwd, ½ Turn L (weight on LF) (3:00)

- HERE RESTART 4th Wall (Facing 6:00)

[25-32] & ROCK STEP, COASTER STEP, STEP, LOCK/HOOK, TRIPLE FWD

&1-2 Recover on RF, LF Fwd, Recover on RF

3&4 LF Back, Together, LF Fwd

- HERE BRIDGE 6th Wall (facing 12:00) & Continue the dance

5-6 RF Fwd, LF blocks behind RF/Hook R in front of L Leg

7&8 RF Fwd, Together, RF Fwd

[33-36] STEP ½ TURN R., BACK TRIPLE ON ½ TURN R

1-2 LF Fwd, ½ Turn R (weight on RF) (9:00)

3&4 LF Back on ½ Turn R (3:00), Together, LF Back

ENJOY !!!

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