

If You Date a Friend

COPPERKNOB
BYEPOSTHEAT

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



Intro : 16 Counts

Final : Dance to the count "30": STEP L, ½ TURN R (weight on LF), Cross R Point in front of LF

[1 - 8] MODIFIED RUMBA WITH ¼ TURN R.

1-2 RF to the R, Together (weight on LF)
3&4 RF Fwd, Together, RF Fwd
5-6 ¼ Turn R - LF to the L (3:00), Together (weight on RF)
7&8 LF Fwd, Together, LF Fwd

[9-16] MAMBO R - L, JAZZ BOX ¼ TURN R

1&2 RF to the R, Recover on LF, Together (weight on RF)
3&4 LF to the L, Recover on RF, Together (weight on LF)
5-6 Cross RF over LF, LF Back
7-8 RF to the R on ¼ Turn R (6:00), LF Fwd

- HERE RESTART 3rd Wall (Facing 12:00)

[17-24] DIAGONALLY STEP, TOGETHER, DIAGONALLY TRIPLE, ROLLING SHUFFLE TO L.

1-2 RF Diagonally Fwd R, Together (7:30)
3&4 RF Diagonally Fwd R, Together, RF Diagonally Fwd R
5-6 LF forward with 3/8 turn to L (3:00), RF Back on ½ Turn L (9:00)
7&8 ¼ Turn L (6:00) - LF to the L, Together, LF to the L - HERE RESTART 4th Wall (Facing 6:00)

(Option 5 - 8) SIDE- BEHIND- CHASSE L

[25-32] ROCK STEP, ¼ TURN R, CHASSE R, ROCK BACK, TRIPLE FWD

1-2 RF Fwd, Recover on LF
3&4 RF on ¼ Turn R (9:00), Together, RF to the R
5-6 LF Back, Recover on RF
7&8 LF Fwd, Together, LF Fwd

- HERE RESTART 5th Wall (Facing 3:00)

[33-36] KICK BALL POINT TO L, KICK BALL TOUCH

1&2 Kick RF, R Ball next to LF, L Point to the L
3&4 Kick LF, L Ball next to RF, Touch R next to LF

ENJOY !!!

Contact : eujeny_62@yahoo.fr
Website : www.mariannelangagne.fr