

Friends

拍數: 64 牆數: 4 級數: Phrased Improver
編舞者: Eun Mi Lim (KOR) - April 2022
音樂: FRIENDS - Marshmello & Anne-Marie



Intro: 16 counts (approx. 9secs)

Sequence: A, A, B / A, A, B / A, A, B / A (16C)

Part A (32counts)

A 1: Side-Together-Forward (Twice), Forward Rock, Back Lock Shuffle

1&2 Step R to right side, Step L beside R, Step R forward
3&4 Step L to left side, Step R beside L, Step L forward
5-6 Rock R forward, Recover on L
7&8 Step R back, Cross L over R, Step R back

A 2: Side Rock, Together, 1/4Turn R & Forward, 1/4 R & Back, Coaster Step, Touch, Flick 1/4 R, Forward & Sweep

1&2 Rock L to left side, Recover on R, Step L beside R
3-4 1/4turn R stepping R forward (3:00), 1/4turn R stepping L to left side (6:00)
5&6 Step R back, Step L next to R, Step R forward
7&8 Touch L toes forward, 1/4turn R flick L back (9:00), Step L forward & sweep R from back to front

A 3: Cross Shuffle, 1/4Turn R & Back, Hitch, Back Mambo, Forward Mambo

1&2 Cross R over L, Step L to left side, Cross R over L
3-4 1/4turn R stepping L back (12:00), Hitch R forward
5&6 Rock R back, Recover on L, Step R forward
7&8 Rock L forward, Recover on R, Step L back

A 4: Side, Together, Chasse 1/4Turn R, Forward Rock, Back, Touch

1-2 Step R to right side, Step L beside R
3&4 Step R to right side, Step L beside R, 1/4turn R stepping R to forward
5-6 Rock L forward, Recover on R
7-8 Step L back, Touch R toes beside L (count 5-7 option: shoulder shakes)

Part B (32counts)

B 1: Walk Forward (R-L), Switches, Forward Rock, Touch, Unwind Turn 1/4 R

1-2 Step R forward, Step L forward
3&4& Touch R toes to right side, Step R next to L, Touch L toes to left side, Step L next to R
5-6 Rock R forward, Recover on L
7-8 Touch R toes back, Unwind 1/4turn R weight onto R

B 2: Cross Shuffle, 1/4Turn L & Back, 1/4Turn L & Side, Cross Rock, 1/4Turn R & Forward, 1/4 Turn R & Side

1&2 Cross L over R, Step R to right side, Cross L over R
3-4 1/4turn L stepping R back, 1/4turn L stepping L to left side
5-6 Rock Cross R over L, Recover on L
7-8 1/4turn R stepping forward, 1/4turn R stepping L to left side

B 3: Cross, Side, Sailor Step, Cross, Side, Behind, Side Rock

1-2 Cross R over L, Step L to left side
3&4 Cross R behind L, Step L to left side, Step R to right side
5&6 Cross L over R, Step R to right side, Cross L behind R

7-8 Rock R to right side, Recover on L

B 4: Forward Shuffle, Cross, Point, Jazz Box-Cross

1-2 Step R forward, Step L next to R, Step R forward

3-4 Cross L over R, Point R to right side

5-6 Cross R over L, Step L back

7-8 Step R to right side, Cross L over R

Enjoy Dancing Always!

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