

The Friend Zone

拍數: 128 牆數: 2 級數: Phrased Advanced
編舞者: Kirsten Matthiessen (DK) - June 2022
音樂: Just a Friend - AJ Moreno & Rak-Su



Intro: 16 counts (app. 8 seconds into track)

Sequence: ½A, B, A, B, ½A, A

[1-8] Rock w/ hitch x2, shuffle fw, step turn ¼ R, cross

1&2& Rock R fw, recover onto L, hitch R, step R next to L 12:00
3&4& Rock L fw, recover onto R, hitch L, step L next to R 12:00
5&6 Step R fw, step L next to R, step R fw 12:00
7&8 Step L fw, turn ¼ R transferring weight onto R, cross L over R 03:00

[9-16] Step sweep ½ L, cross shuffle, rock recover ¼ L w/ heel grind, coaster step

1-2 Turn ¼ L stepping R back beginning a CCW sweep with L, continuing the sweep turn another ¼ L stepping L to L side - 09:00
3&4 Cross R over L, step L to L side, cross R over L 09:00
5-6 Rock L to L side, ¼ L recover onto R grinding L heel 06:00
7&8 Step L back, step R next to L, step L fw 06:00

[17-24] Repeat the first 16 counts: Rock w/ hitch x2, shuffle fw, step turn ¼ R, cross

1&2& Rock R fw, recover onto L, hitch R, step R next to L 06:00
3&4& Rock L fw, recover onto R, hitch L, step L next to R 06:00
5&6 Step R fw, step L next to R, step R fw 06:00
7&8 Step L fw, turn ¼ R transferring weight onto R, cross L over R 09:00

[25-32] Step sweep ½ L, cross shuffle, rock recover ¼ L w/ heel grind, coaster step

1-2 Turn ¼ L stepping R back beginning a CCW sweep with L, continuing the sweep turn another ¼ L stepping L to L side - 03:00
3&4 Cross R over L, step L to L side, cross R over L 03:00
5-6 Rock L to L side, ¼ L recover onto R grinding L heel 12:00
7&8 Step L back, step R next to L, step L fw

First and third time you will only dance part A up to this point - The remaining 32 counts will only be danced starting at the back wall) 12:00

[33-40] Hitch ball point x2, touch unwind ½ R, step touch x2

1&2 Hitch R, step R next to L, point L to L side 12:00
3&4 Hitch L, step L next to R, point R to R side 12:00
5-6 Touch R behind L, unwind ½ R transferring weight onto R 06:00
&7&8 Step L diagonally fw, touch R next to L, step R diagonally fw, touch L next to R 06:00

[41-48] Ball cross rock, chasse ¼ R, step turn ½ R, step together

&1-2 Step L next to R, cross rock R over L, recover onto L 06:00
3&4 Step R to R side, step L next to R, turn ¼ R stepping R fw 09:00
5-6 Step L fw, turn ½ R stepping onto R 03:00
7-8 Big step fw L (optional body roll up), step R next to L (weight fully on R) 03:00

[49-56] Pony step w/ sweep x2, behind side cross, side together, side touch

1&2& Step L back hitching R, step R down, step L back sweeping R CW 03:00
3&4& Step R back hitching L, step L down, step R back sweeping L CCW 03:00
5&6 Step L behind R, step R to R side, cross L over R 03:00
&7&8 Step R to R side, step L next to R, step R to R side, touch L next to R

(Styling: bend your knees and pop them out on the & counts) 03:00

[57-64] Step ¼ L, step ¼ L, sailor ¼ L, reverse full turn R, coaster step, together

- 1-2 Turn ¼ L stepping L fw, turn ¼ L stepping R to R side, 09:00
3&4 Turn ⅛ L crossing L behind R, turn ⅛ L stepping R small step to R side, step L fw (prepping for a reverse turn) 06:00
5-6 Turn ½ R transferring weight onto R, turn ½ R stepping L back 06:00
7&8& Step R back, step L next to R, step R fw, step L next to R 06:00

B section (only danced to the front wall)

[1-8] Walk fw x2, rocking chair, walk x2, step turn ¼ L, cross

- 1-2 Walk fw R, walk fw L 12:00
3&4& Rock R fw, recover on L, rock R back, recover onto L 12:00
5-6 Walk fw R, walk fw L 12:00
7&8 Step R fw, turn ¼ L transferring weight on L, cross R over 09:00

[9-16] Side behind, chasse ¼ L, mambo step fw, side switches w/hitch

- 1-2 Step L to L side, cross R behind L 09:00
3&4 Step L to L side, step R next to L, turn ¼ L stepping L fw 06:00
5&6 Rock R fw, recover onto L, step R next to L 06:00
7&8& Point L to L side, step L next to R, point R to R side, hitch R 06:00

[17-24] Jazz box, step turn ½ L, shuffle ½ L,

- 1-2-3-4 Cross R over L, step L back, step R to R side, step L fw 06:00
5-6 Step R fw, turn ½ L transferring weight onto L 12:00
7&8 Turn ¼ L stepping R to R side, step L next to R, turn ¼ L stepping R back 06:00

[25-32] Step back touch x2, coaster step, ½ L, ¼ L

- 1-2 Step L back, touch/place R fw (optional body roll) 06:00
3-4 Step R back, touch/place L fw (optional body roll) 06:00
5&6 Step L back, step R next to L, step L fw 06:00
7-8 Turn ½ L stepping R back, turn ¼ L stepping L to L side 09:00

[33-40] Weave ¼ L, kick ball step, step turn ½ L

- 1-2-3-4 Cross R over L, step L to L side, cross R behind L, turn ¼ L stepping L fw 06:00
5&6 Kick R fw, step R next to L, step L fw 06:00
7-8 Step R fw, turn ½ L transferring weight onto L 12:00

[40-48] Dorothy step x2, cross side, sailor ¼ R

- 1-2& Step R diagonally fw, lock L behind R, step R diagonally fw 12:00
3-4& Step L diagonally fw, lock R behind L, step L diagonally fw 12:00
5-6 Cross R over L, step L to L side 12:00
7&8 Turn ⅛ R crossing R behind L, turn ⅛ stepping L next to R, step R fw 03:00

[49-56] Skate x2, shuffle fw, out out, step back, coaster cross

- 1-2 Skate L, skate R 03:00
3&4 Step L fw, step R next to L, step L fw 03:00
&5-6 Step R diagonally out, step L diagonally out, step R back 03:00
7&8 Step L back, step R next to L, cross L over R 03:00

[57-64] Side rock, back rock, box turn ¼ L

- 1-2 Rock R to R side, recover onto L 03:00
3-4 Rock R back, recover onto L 03:00
5-6-7-8 Turn ¼ L stepping R back, turn ¼ L stepping L fw, turn ¼ L stepping R back, step L to L side (optional: can be done as glide steps) 06:00

Hope you enjoy
