

# Best Friend

拍數: 32      牆數: 2      級數: High Improver  
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音樂: Best Friend - Shania Twain



Intro : Start on the word: Forget (0:01)

## [1-8] ¼ LEFT & STEP RIGHT, HOLD, SAILOR STEP ¼ TURN LEFT, STEP, ½ TURN RIGHT, ½ TURN RIGHT SHUFFLE

1,2            ¼ turn left step & RF to right side, Hold  
3&4            LF cross behind RF, ¼ turn left step on RF, LF step forward  
**\*(Restart in wall 6 after 4 counts)**  
5-6            RF step forward, ½ turn right LF step back  
7&8            ¼ turn right RF step right, LF close to RF, ¼ turn right RF step forward

## [9-16] STEP, ½ TURN RIGHT & SWEEP, SAILOR STEP, CROSS, POINT, CROSS POINT

1-2            LF step forward, ½ turn right (weight on LF) & sweep RF from front to the back  
3&4            RF cross behind LF, LF step left, step on RF  
5-6            LF cross over RF, RF point to right side  
7-8            RF cross over LF, LF point to left side  
**\*\* (In wall 3 there is a step change/Restart: 7-8 RF step forward, LF step forward and Restart)**

## [17-24] CROSS, HITCH & ¼ TURN LEFT, ROCKSTEP, OUT OUT, HOLD & SIDE, POINT

1-2            LF cross over RF, Hitch right knee ¼ turn left (weight on LF)  
3-4            RF rock forward, recover on LF  
&5-6           RF step right out, LF step left out, Hold  
&7-8           RF close to LF, LF step left (optional bodyroll), RF point right side

## [25-32] ROLING VINE, POINT, ¼ TURN LEFT, HOLD, & STEP TOUCH

1-2            ¼ turn right RF forward, ½ turn right LF step back  
3-4            ¼ turn right RF step to right side, LF point left side  
5-6&           ¼ turn left & LF step forward, Hold (optional Bodyroll), RF close to LF  
7-8            LF step forward, RF touch next to LF

**NOTE: \*\* Wall 3 step change & restart: Change count 7-8 in section 2:**

7            RF step forward, 8 LF step forward

**\*Wall 6 restart after 4 counts**