

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**