

# Yi Bei Zi Peng You (一輩子朋友)

COPPER KNOB  
STEPSHEETS

拍數: 64                      牆數: 4                      級數: Beginner  
編舞者: Youk Yeeng Lee (MY) - June 2023  
音樂: Friends (朋友) - Emil Wakin Chau (周華健)



Intro: 36 counts

## S1: (R & L) FWD SHUFFLE, (R & L) SIDE - TOUCH

1&2, 3&4            Fwd Shuffle (R L R) (L R L)  
5-8                    Step Rf to R - Touch Lf beside Rf - Step Lf to L - Touch Rf beside Lf

## S2: (R & L) BACK SHUFFLE, (R & L) SIDE - TOUCH

1&2, 3&4            Back Shuffle (R L R) (L R L)  
5-8                    Step Rf to R - Touch Lf beside Rf - Step Lf to L - Touch Rf beside Lf

## S3: FWD ROCK - RECOVER, BACK SHUFFLE, ROCK BACK - RECOVER, FWD SHUFFLE

1-2, 3&4            Rock Rf fwd - Recover on Lf , Back shuffle (R L R)  
5-6, 7&8            Rock Lf back - Recover on Rf, Fwd Shuffle (L R L)

## S4: GRAPEVIVE, GRAPEVIVE 1/4 L

1-4                    Step Rf to R - Step Lf behind Rf - Step Rf to R - Touch Lf beside Rf  
5-8                    Step Lf to L - Step Rf behind Lf - 1/4 turn L (9:00) step Lf fwd - Touch Rf beside Lf

## S5: FWD ROCK - RECOVER, BACK SHUFFLE, ROCK BACK - RECOVER, FWD SHUFFLE

1-2, 3&4            Rock Rf fwd - Recover on Lf , Back shuffle (R L R)  
5-6, 7&8            Rock Lf back - Recover on Rf, Fwd Shuffle (L R L)

## S6: K Step

1-4                    Step RF fwd R diagonal - Touch LF beside RF - Step LF back L diagonal - Touch RF beside LF  
5-8                    Step RF back R diagonal - Touch LF beside RF - Step LF fwd L diagonal - Touch RF beside LF

## S7: (R&L) ROLLING VIVE

1-4                    1/4 turn R (12:00) step Rf fwd - 1/2 turn R (6:00) step Lf back - 1/4 turn L (9:00) step Rf to R - Touch Lf beside Rf  
5-8                    1/4 turn L (6:00) step Lf fwd - 1/2 turn L (12:00) step Rf back - 1/4 turn L (9:00) step Lf to L - Touch Rf beside Lf

## S8: CHASSE R, ROCK BACK - RECOVER, CHASSE L, ROCK BACK - RECOVER

1-4                    Step Rf to R - Step Lf beside Rf - Step Rf to R, Rock Lf behind Rf - Recover on Rf  
5-8                    Step Lf to L - Step Rf beside Lf - Step Lf to L, Rock Rf behind Lf - Recover on Lf

TAG1 (4 counts): After Wall1 (9:00), Wall2 (6:00), Wall4 (12:00), Wall6 (6:00)

## (R & L) SIDE - TOUCH

1-4                    Step Rf to R - Touch Lf beside Rf - Step Lf to L - Touch Rf beside Lf

TAG2 (8 counts): After Wall5 (9:00)

## (R & L) SIDE - TOUCH, HIPS BUMP

1-4                    Step Rf to R - Touch Lf beside Rf - Step Lf to L - Touch Rf beside Lf  
5-8                    Step Rf to R while bump hip (R L R L)

Have Fun & Happy Dancing !

Contact Youk Yeeng Lee : [yylee\\_one@yahoo.com](mailto:yylee_one@yahoo.com)

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