

Best Friend For Life

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Elisabeth Elkuch-Heid (CH/LIE) - February 2024
音樂: Best Friend for Life - Grace Leer



[1-8] R Cross Rock Recover, Shuffle 1/4 Turn R, Step Turn 1/2 R, Shuffle 1/2 Turn R (3)

1,2 Cross Rock R over L, Recover L
3&4 Step R to Side, Step L next to R, Step R Fwd 1/4 Turn R
5,6 Step L Fwd, 1/2 Turn R
7&8 Shuffle 1/2 Turn R: Step L Back, Step L R next to L, Step Back L (3)

[9-16] Rock Back Recover, Shuffle 1/2 Turn L, Rock Back Recover, Shuffle 1/2 Turn R

1,2 Rock R Back, Recover L
3&4 Shuffle 1/2 Turn L: Step R Fwd with 1/4 Turn L, Step L next to R, Step R Fwd with 1/4 Turn L
5,6 Rock L Back, Recover R
7&8 Shuffle 1/2 Turn R: Step L Fwd with 1/4 Turn R, Step R next to L, Step L Fwd with 1/4 Turn R

**Restart Here during Wall 3 (beginning and ending 6 o'clock): 7&8 instead of dancing
Shuffle 1/2 Turn R make a Chassée Side 1/4 Turn R**

[17-24] Syncopated Monterey 1/4 Turn R (6), Cross L over R, Recover, Shuffle 1/4 Turn L with L (3)

1,2&3,4 Touch R to R, Hold, Close R next to L & 1/4 Turn R, Touch L to L, Hold (6)
5,6,7&8 Cross Rock L over R, Recover R, Shuffle 1/4 Turn L: L-R-L (3)

[25-32] R Heel, L Heel, R Toe, L Heel, Rock R Fwd, Recover, Coaster Step R

1&2& Touch R Heel Fwd, Back to Center, Touch L Heel Fwd, Back to Center
3&4& Touch R Toe next to L, Step R next to L, Touch L Heel Fwd, Back to Center
5,6 Rock R Fwd, Recover L
7&8 Step R Back, Step L next to R, Step R Fwd

[33-40] Step L Fwd, 1/2 Turn R, L Kick Ball Touch R, RHeel, LHeel, RToe, LHeel (9)

1,2 Step L Fwd, 1/2 Turn R (Weight R) (9)
3&4 Kick L Fwd, Step Down on L, Touch R next to L
5&6& Touch R Heel Fwd, Back to Center, Touch L Heel Fwd, Back to Center
7&8& Touch R Toe next to L, Step R next to L, Touch L Heel Fwd, Back to Center

[41-48] Rocking Chair, Step R Fwd, 1/2 Turn L, R Kick Ball Change (3)

1-4 Rock R Fwd, Recover L, Rock R Back, Recover L
5,6 Step R Fwd, 1/2 Turn L (Weight L)(3)
7&8 Kick R Fwd, Step Down on R, Change Step on L

[49-56] Rock Fwd R, Recover, Shuffle 1/2 R, Full Turn R, Mambo L

1,2 Rock R Fwd, Recover L
3&4 Shuffle 1/2 Turn R: Step R Fwd with 1/2 Turn R, Close L next to R, Step R Fwd
5,6 Full Turn R: 1/2 R with L Back, 1/2 R with R Fwd
7&8 Rock L Fwd, Recover R, Step L Back

[57-64] Step Cross R Behind L, Touch L to Side, Step Cross L Behind R, Touch R to Side, Touch RToe Back, Unwind 1/2 Turn R, Mambo L

1,2 Step R Behind L, Touch L to L Side
3,4 Step L Behind R, Touch R to R Side
5,6 Touch R Back, Unwind 1/2 Turn R (Weight R)
7&8 Rock L Fwd, Recover R, Step L Back

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Lizzy's Line Dance
