Real Friends

拍數: 56

#1st SEQ KICK, OUT, OUT, CROSS, OPEN, CROSS, SHUFFLE, ROCK STEP

牆數:2

1&2 Kick R forward - Open R to R - Open L to L

編舞者: Gianmarco Rossato (IT) - April 2024 音樂: Carry You Home - Ward Thomas

- 3&4 Cross R behind L - Open L to L - Cross R over L
- 5&6 Shuffle LRL diagonally left forward
- 7-8 Rock Step R forward - Recover weight on L

#2nd SEQ SHUFFLE TURN, STEP, TURN, LONG STEP, SLIDE, STOMP

- 1&2 Turning 1/2 R Shuffle RLR to the opposite diagonal
- 3-4 Step L forward - Turn 1/2 L stepping R backward
- 5-6 Turning 1/4 L long step L to L - Slide R near to L
- 7-8 Slide R next to L - Stomp R forward

#3rd SEQ ROCK STEP, SHUFFLE TURN, STEP-PIVOT, KICK BALL CHANGE

- 1-2 Rock Step L forward - Recover weight on R
- 3&4 Turning 1/2 L Shuffle LRL forward
- 5-6 Step R forward - Turn 1/2 L
- 7&8 Kick R forward - Recover R foot - Step L on place

#4th SEQ SLOW SWIVELS (x2), CHICKEN WALK FORWARD

- Slow Swivel R heel forward (cuban style start sliding your R point from the centre to 1-2 outside)
- 3-4 Slow Swivel L heel forward (cuban style - start sliding your R point from the centre to outside)
- Swivel R heel forward Swivel L heel forward 5-6
- 7-8 Swivel R heel forward - Swivel L heel forward

#5th SEQ ROCK STEP & ROCK BACK, KICK BALL POINT (x2)

- 1-2 Rock Step R forward - Recover weight on L
- &3-4 Close R beside L - Rock step L backward - Recover weight on R (turn your chest 1/2 L optional styling)
- 5&6 Kick L forward - Recover - Point R foot to R side
- 7&8 Kick R forward - Recover - Point L foot to L side

#6th SEQ SAILOR STEP (x2), ROCK STEP, COASTER STEP

- 1&2 Cross L behind R (drawing a 1/2 circle) - Open R to R - Open L to L
- 3&4 Cross R behind L (drawing a 1/2 circle) - Open L to L - Open R to R
- 5-6 Rock step L forward - Recover weight on R
- 7&8 Step L backward - Step R back next to L - Step L forward

#7th SEQ WALK, CLAP, WALK, CLAP, ROCK STEP, HEEL, STOMP

- 1-2 Step R forward - Clap your hands
- 3-4 Step L forward - Clap your hands
- 5-6 Rock Step R forward - Recover weight on L
- &7&8 Step R back - Heel L forward - Put weight on L - Stomp up R next to L

TAG - At the 5th Wall, after the 24th count : 36 counts of hold (pause)





級數: