

Hello Friday (P)

拍數: 32 牆數: 0 級數: Novice - Partner
編舞者: Gwendoline HOPIN (FR) & Laurent Chalon (BEL) - July 2024
音樂: Hello Friday - Sheyna Gee



Starting position: Side by Side LOD (Facing the line of dance)

RF = Right Foot, LF = Left Foot, RH = Right Hand, LH = Left Hand

SECTION 1: WALK, WALK, TRIPLE STEP FWD, STEP 1/4 TURN, CROSS & CROSS

1-2 Walk RF, Walk LF
3&4 Step RF forward, Step LF next to RF, Step RF forward
5-6 Step LF forward, Pivot 1/4 turn to the right
7&8 Cross LF over RF, Step RF to the right, Cross LF over RF

SECTION 2: SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, SAILOR STEP 1/4 TURN L

1-2 Step RF to the right, Recover onto LF
3&4 Cross RF behind LF, Step LF to the left, Cross RF over LF
5-6 Step LF to the left, Recover onto RF
7&8 Pivot 1/4 turn to the left and step LF behind, Step RF next to LF, Step LF forward

SECTION 3: MAMBO STEP, COASTER STEP, WALK, WALK, KICK BALL STEP

1&2 Step RF forward, Recover onto LF, Step RF back
3&4 Step LF back, Step RF next to LF, Step LF forward
5-6 Walk RF, Walk LF
7&8 Kick RF forward, Step ball of RF next to LF, Step LF forward

Restart on walls 4 & 7

SECTION 4: ROCK STEP, TRIPLE STEP 1/2 TURN R, TRIPLE STEP 1/2 TURN R, BACK ROCK STEP

1-2 Step RF forward, Recover onto LF
3&4 Step RF 1/4 turn to the right, Step LF next to RF, Step RF 1/4 turn to the right
5&6 Step LF 1/4 turn to the right, Step RF next to LF, Step LF 1/4 turn to the right
7-8 Step RF back, Recover onto LF

PARTNER:

Men: TRIPLE STEP BACK R & L, Release left hand.

Women: Raise right arm to turn, no change in steps.

Easy Option: Modify TRIPLE STEP 1/2 TURN to TRIPLE STEP BACK R & L.

LINE DANCERS:

Possibility to dance it in 4 walls.

Modify SECTION 4 counts 5&6: LF TRIPLE 1/4 TURN R

To continue the dance facing 9:00.

RESTART THE DANCE FROM THE BEGINNING

RESTARTS :

On the 4th wall: Restart after section 3

On the 7th wall: Restart after section 3