

Be Friendly

拍數: 32 牆數: 2 級數: Improver
編舞者: Ole Jacobson (DE) & Nina K. (DE) - November 2024
音樂: Try a Little Kindness - Frisk Luft
或: Try a Little Kindness - Rune Larsen



Sec.1 Step, Recover, Back, Coaster-Step, Heel-Strut (R+L), Shuffle fwd

1&2 RF step forward – Shift weight to LF – RF step back
3&4 LF step back – RF next to LF – LF step forward
5& RF step forward (only put the heel down) – RF down
6& LF step forward (only put the heel down) – LF down

Restart: in the 2nd wall, stop here and start again(12:00)

7&8 RF step forward – LF next to RF – RF step forward

Sec.2 Step, Recover, Back, Coaster-Step, Step, Touch, Back, Shuffle back ½ turn L

1&2 LF step forward – Shift weight to RF – LF step back
3&4 RF step back – LF place next to RF – RF step forward
5&6 LF step forward – Touch RF behind LF (toes only) – RF step back
7& ¼ turn L, LF step left – Place RF next to LF (9:00)
8 ¼ turn L, LF step forward (6:00)

Sec.3 Chassee R, Coaster-step 1/4 Turn L , Step, Back 1/2 Turn R, Scissor-Step ¼ Turn R

1&2 RF step right – LF step next to RF – RF step to the right
3&4 ¼ turn L, LF step back – RF place next to LF – LF step forward (3:00)
5 RF step forward
6 ½ turn R, LF step back (9:00)
7&8 RF step back – ¼ turn R, LF place next to RF – RF cross over LF (12:00)

Sec.4 Weave L, Side, Recover, Cross, Back ¼ Turn L, Side ¼ Turn L, Toe-Strut (R+L)

1&2 LF step to the left – RF cross behind LF – LF step to the left
& Cross RF over LF
3&4 LF step to the left – Shift weight to RF – Cross LF over RF
5 ¼ turn L, RF step back (9:00)
6 ¼ turn L, LF step to the left (6:00)
7& RF touch the Toes forward – RF set down
8& LF touch the Toe at the front – LF set down

... and from the beginning

Restart: in the 2nd wall restart after the first 6 counts of the 1st section (12:00)

TAG: At the end of the 4th wall, dance the first 6 counts twice in a row, then take an additional 2 steps forward (r+l) and start the dance again (12:00)