

# For Friends

拍數: 32      牆數: 4      級數: Improver  
編舞者: Sigi Guldenfuß (DE) - January 2025  
音樂: Friends - Blake Shelton



**Note: The dance begins after 32 counts, when the singing starts.**

## S1: Side, behind – side – heel & cross r/l

1-2      RF step to the right, cross LF behind RF  
&3      RF step to the right and tap left heel forward  
&4      LF next to RF and cross RF in front of LF  
5-6      LF step to the left, cross RF behind LF  
&7      LF step to the left and tap right heel forward  
&8      RF next to LF and cross LF in front of RF

## S2: Stomp forward, stomp – applejacks, rock forward – ¼ turn r, stomp forward – heels swivel

1-2      stomp RF forward, stomp LF next to RF  
&3      turn left toe/right heel to the left and turn back both feet  
&4      turn right toe/left heel to the right and turn back both feet

**Restart: At the 4th wall (3:00) stop here and start the dance from the beginning.**

5&6      RF step forward, slightly raise LF and weight back onto LF, ¼ turn to the right and RF step forward (3:00)  
7&8      stomp LF forward, turn both heels to the left and turn back both feet

## S3: Side, behind – side – cross, point, sailor step with ½ turning r, stomp forward l/r

1-2      RF step to the right, cross LF behind RF  
&3-4      RF step to the right and cross LF in front of RF, tap right toe to the right

**Restart: At the 7th wall (12:00) dance count 4: tap RF next to LF and start the dance from the beginning.**

5&6      ½ turn to the right cross RF behind LF, LF step to the left and RF next to LF (9:00)  
7-8      stomp LF forward, stomp RF forward

## S4: Heel & heel & heel – clap – clap l/r

1&      tap left heel forward, LF next to RF  
2&      tap right heel forward, RF next to LF  
3&4      tap left heel forward and clap twice  
&      LF next to RF  
5&      tap right heel forward, RF next to LF  
6&      tap left heel forward, LF next to RF  
7&8      tap right heel forward and clap twice

**DANCE; SMILE & HAVE FUN!**