

For Friends

拍數: 32 牆數: 4 級數: Improver
編舞者: Sigg Gudenus (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!