

Hello My Friends

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Betty McNeill (UK)
音樂: Hello My Friends - Banda Caliente



ROCKS FORWARD AND BACK- FORWARD SHUFFLE- WALK ROUND RIGHT

1-2-3&4 Rock back onto right foot then forward onto left foot- shuffle forward on right left right
5-6-7-8 Step forward onto left foot- making ½ turn to right step onto right foot- making ½ turn right,
step back onto left foot, step back onto right foot

STEP LEFT, CROSSING BACKWARD SHUFFLE RIGHT- STEP LEFT- ROCKS AND CHASSE ¼ TURN LEFT

9-10&11-12 Step back onto left foot- crossing shuffle backwards on right left right, step back left foot
13-14-15&16 Rock back onto right foot then forward onto left foot, chasse on right foot making ¼ turn left

ROCKS LEFT & RIGHT, STEP LEFT- SYNCOPATED WEAVE, SIDE ROCK AND REPLACE

17-18-19 Rock back onto left foot- rock forward onto right foot- step left foot to left side
20&21 Step right foot behind left foot, step left foot to left side, cross right foot over left foot
22-23 Rock left foot to left side, rock back onto right foot

SYNCOPATED WEAVE- HOLD- SYNCOPATED ½ MONTEREY TURN-ROCK & CROSS-ROCKS

24&25-26 Step left foot behind right foot- step right foot to right side- step left foot over right foot, hold 1
count
27-28 Touch right foot to right side- turn ½ right on left foot bringing right foot to left foot

Restart here on wall 8

29&30 Rock left foot to left side- rock onto right foot, cross left foot over right foot
31-32 Rock forward onto right foot then back onto left foot

REPEAT

TAG

On walls 2 and 6, there are 4 extra beats to fill in. Rock back, forward, forward, back
On wall 4 there are 8 extra beats (same as above only for 8 counts)

RESTART

On wall 8 there is only 28 counts. Dance only until count 28 ending with a touch to begin again