

# Hello My Friends

**COPPER** **NOB**  
BY STEPHEN

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