

Good Friends

拍數: 44 牆數: 2 級數:
編舞者: Mark Simpkin (AUS)
音樂: Good Friends - Adam Brand



& ¼ TURN, STEP, ROCK STEP, ½ TURN CHA, ½ PIVOT

- &1-3 Step left beside right, turn ¼ turn right & step right forward, rock forward on left, rock back on right
- 4&5 Turn ¼ turn left and step left to left side, step right beside left, turn ¼ turn left and step left forward
- 6-7 Step right forward, pivot ½ turn left taking weight to left

FULL TURN CHA, ROCK STEP, COASTER STEP, WALK FORWARD RIGHT, LEFT, BALL CHANGE

- 8&1 Moving forward and turning a full turn left - step right, left, right
- 2-3 Rock forward left, rock back on right
- 4&5 Step left back, step right beside left, step left forward
- 6-7 Walk forward right, left
- &8 Step right beside left, step forward on left

SIDE, REPLACE, CROSS, HOLD, & ROCK, REPLACE, ½ TURN

- 1-4 Step/rock right to right side, replace weight to left, cross right over left, hold
- &5-6 Step left to left side, rock right across behind left, replace weight forward on left
- 7 Step right to right side turning ½ turn left

¼ TURN CHA, ½ TURN BACK RIGHT, LEFT, COASTER STEP, WALK LEFT, RIGHT FORWARD CHA

- 8&1 Step left to left side, step right beside left, turn ¼ turn left and step left forward ***
- 2-3 Pivot ½ turn left on left foot & step right back, step back on left
- 4&5 Step right back, step left beside right, step right forward
- 6-7 Walk forward left, right
- 8&1 Cha-cha forward left, right, left

¼ TURN, ¼ TURN, ROCK, REPLACE, SIDE, ROCK, REPLACE

- 2-3 Turn ¼ turn right & step right forward, turn ¼ turn right and step left to left side
- 4-5 Rock right across behind left, replace weight forward to left
- 6-8 Step right to right side, rock left across behind right, replace weight forward to right

HIPS LEFT-RIGHT-LEFT-RIGHT

- 1-4 Step left to left side rocking hips left, rock hips right, rock hips left, rock hips right

REPEAT

TAG

When finishing the dance at the front wall (end of repetition 2, 4, 6, etc) add two ½ pivot turns -

- 1-4 Step left forward, pivot ½ turn right, step left forward, pivot ½ turn right

On the 6th wall there is a restart after 24 counts. You will need to replace the cha-cha-cha with just a single step onto the left foot into a ¼ turn left and then start again from count 1, not from count &1.