Friends

拍數: 32

級數: Improver

編舞者: Vivienne Scott (CAN)

音樂: Why Can't We Be Friends? - Rick Tippe

The count-in for the song 'Friends' is 54 counts into the lyrics

SIDE SHUFFLE RIGHT, ROCK BACK, LEFT SHUFFLE WITH ¼ TURN LEFT, STEP ½ TURN PIVOT

- 1&2 Step side right, close left beside right, step side right
- 3-4 Rock back left, recover on right
- 5&6 Step side left with ¼ turn left, close right beside left, step forward left
- 7-8 Step forward right, pivot ½ turn left (weight on left)

STEPS FORWARD WITH HIP BUMPS, ROCK FORWARD, RIGHT COASTER BACK

- 9&10 Step right foot forward as you bump hips right, left, right
- 11&12 Step left foot forward as bump hips left, right, left
- 13-14 Rock forward right, recover on left
- 15&16 Step back right, step left beside right, step forward right

SIDE ROCK LEFT, SYNCOPATED VINE WITH ¼ TURN, ROCKS FORWARD AND BACK

- 17-18 Rock side left, recover on right
- 19&20 Step left behind right, step side right with ¼ turn right, step forward left
- 21-22 Rock forward right, recover on left
- 23-24 Rock back right, recover on left

GRAPEVINE RIGHT WITH TOUCH AND CLAP, GRAPEVINE LEFT WITH 1/4 TURN LEFT AND SCUFF

- 25-26 Step right to right side, step left behind right
- 27-28 Step right to right side, touch left beside right, clap
- 29-30 Step left to left side, step right behind left
- 31-32 Step left to left side with ¼ turn left, scuff right

Alternative: rolling grapevine with 1 ¼ turn

- 29-30 Step left with ½ turn left, step right with ½ turn left
- 31-32 Step left with ¼ turn left, scuff right

REPEAT





牆數:4