

Friends

拍數: 48 牆數: 4 級數: waltz
編舞者: Michael Vera-Lobos (AUS)
音樂: Friends and Lovers - Gloria Loring



This dance is dedicated to the memory of Leslee Thomson

- 1-3 Cross right over left, step back on left, step right to right (traveling back)
4-6 Cross left over right, step back on right, step left to left (traveling back)
- 1-3 Step forward on right, pivot $\frac{1}{4}$ turn left on balls of feet dropping heels, pivot $\frac{1}{4}$ turn left on balls of feet dropping heels (weight on right)
4-6 Touch left toe back, pivot $\frac{1}{4}$ turn left on balls of feet dropping heels pivot $\frac{1}{4}$ turn left on balls of feet dropping heels (weight on left)
- 1-3 Traveling right-step right to right side, cross left behind right, point right toe to right side
4-6 Cross right over left, step back on left turning $\frac{1}{4}$ turn right, step back on right turning $\frac{1}{4}$ turn right
- 1-3 Waltz forward ; step forward left, step forward right turning $\frac{1}{2}$ turn left, step left beside right
4-6 Basic waltz back ; step back right, step left beside right, step right beside left
- 1-3 Diagonal lock forward ; step forward left 45 degrees left, lock right behind left, step forward left 45 degrees left
4-6 Cross right over left, step back on left turning $\frac{1}{4}$ turn right, step onto right turning $\frac{1}{4}$ turn right
- 1-3 Diagonal lock back ; step back left 45 degrees left, cross right over left, step back left 45 degrees left
4-6 Traveling turn full turn right stepping right-left-right
- 1-3 Weave left, step left to left side, cross right behind left, step left to left side
4-6 Weave left, cross right over left, step left to left side, kick right foot forward
- 1-3 Tap right toe forward, pivot $\frac{1}{4}$ turn left on balls of both feet dropping heels, pivot 45 degrees left on balls of both feet (ending with weight on left)
4-6 Step back on right turning $\frac{1}{2}$ turn left, step forward on left, kick right foot 45 degrees right

REPEAT

BRIDGE

18-count bridge occurs once during song at the end of the second wall add the following steps-

- 1-3 Diamond waltz- step back right turning $\frac{1}{4}$ turn left, step left beside right, step right beside left
4-6 Step forward left turning $\frac{1}{4}$ turn left, step right beside left, step left beside right
1-3 Step back right turning $\frac{1}{4}$ turn left, step left beside right, step right beside left
4-6 Step forward left turning $\frac{1}{4}$ turn left, step right beside left, step left beside right
1-3 Step back right turning $\frac{1}{2}$ turn left, step left beside right, step right beside left
4-6 Step forward left turning $\frac{1}{2}$ turn left, step right beside left, step left beside right