

Forever Friends

拍數: 32 牆數: 4 級數: Improver
編舞者: Eva-Maria Lervik (SWE)
音樂: Friends Forever - Thunderbugs



This dance is choreographed especially for my friend's 14th birthday in January 2004. Happy Birthday!

STEP, BUMPS, STEP, BUMPS, SAILOR STEP, CROSS BEHIND, ½ UNWIND LEFT

1&2 Step right forward with right hip bump, bump right back to middle, bump right forward
3&4 Step left forward with left hip bump, bump left back to middle, bump left forward
5&6 Cross right behind left, step left to left side, step right to right side
7-8 Cross left behind right, unwind ½ left weight ended on left

KICK, KICK, ROCK, BACK, SHUFFLE TURN ¼ LEFT, SAILOR TURN ¼ LEFT

1&2& Kick right forward, step right next to left, kick left forward, step left next to right
3-4 Rock back on right foot, recover
5&6 Step right to right side turning ¼ to the left, left step next to right, right step to right side
7&8 Cross left behind right, step right back turning ¼ to the left, step left forward

CROSS, BACK, KICK BALL CROSS, ROCK RIGHT, BEHIND, ¼ STEP LEFT, STEP

1-2 Cross right in front of left, step left back
3&4 Kick right diagonally forward, step down on right, cross left in front of right
5-6 Rock right out to right side, recover
7&8 Cross right behind left, step left forward turning ¼ to the left, step right forward

STEP, BESIDE, STEP WITH BODY ROLLS, ROCK BACK, STEP, STEP ½ URN LEFT

1-2& Step left to left side start a body roll back, finish body roll, step right next to left
3-4 Step left to left side start a body roll back, finish body roll weight ended on left

These four steps become less strange if you turn your upper body slightly to the right and do the body rolls with your back traveling in the same direction as your feet

5-6 Rock right behind left, recover
7-8 Step right to right side, step left to left side turning ½ left

REPEAT

TAG 1

Done after 24 counts on wall four. After the tag, start again

1-2 Rock left forward, recover
3&4 Step left to left side turning ¼ left, step right next to left, step left forward turning ¼ left

TAG 2

Done after 16 count on wall eight. After tag, start again

1-2 Step right in front of left, step left back
3-4 Step right to right side, step left forward

TAG 3

Done after the 10th wall. After tag, start again

1-4 Slowly raise your arms
5-8 Sway right, left, right, left