

# Best Of Friends Cha Cha

**COPPER KNOB**  
STEPPERS

拍數: 40      牆數: 2      級數: Intermediate  
編舞者: Adrian Churm (UK)  
音樂: Best of Friends - Dave Sheriff



Adapted for solo line dancing from the partner/circle dance "Best Of Friends" by John And Jean Miles

## ROCK-STEP, SHUFFLE BACK, ROCK-STEP SHUFFLE FORWARD

1-2      Rock forward onto left foot, rock backward onto right foot  
3&4      Left foot shuffle backward (left, right, left)  
5-6      Rock backward onto right foot, rock forward onto left foot  
7&8      Right foot shuffle forward (right, left, right)

## HALF-TURN, SHUFFLE, HALF-TURN, SHUFFLE

1-2      Step left foot forward & turn  $\frac{1}{2}$  right, step right foot in place  
3&4      Left foot shuffle forward (left, right, left)  
5-6      Step right foot forward & turn  $\frac{1}{2}$  left, step left foot in place  
7&8      Right foot shuffle forward (right, left, right)

## SWAY-2-3-4, SWAY-2-3-4

1      Step left foot forward turning  $\frac{1}{4}$  right to face out & sway hips left  
2-3-4      Sway hips right, left, right  
5      Step left foot back & sway hips left  
6-7-8      Sway hips right, left, right

## $\frac{1}{4}$ TURN LEFT, CROSS STEP, SIDE POINTS, TRIPLE STEPS INPLACE

25-32      Left foot steps forward as you make a  $\frac{1}{4}$  turn to the left, point right foot to the side  
27-28      Right foot steps forward and across left foot, point left foot to the side  
29-30      Left foot steps forward and across right foot, point right foot to the side  
31-32      Right foot steps forward and across left foot, point left foot to the side

## WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE

33-34      Left foot steps next to right foot, right foot steps in place  
35&36      Left foot steps in place, right foot in place, left foot in place  
37-38      Right foot steps in place, left foot in place  
39&40      Right foot steps in place, left foot in place, right in place

**REPEAT**