

# Be Your Best Friend

**COPPER** KNOB  
BY STEPHENETS

拍數: 32      牆數: 4      級數: Intermediate/Advanced  
編舞者: Joanne Brady (USA) & Michael Weeks (USA)  
音樂: More Than Just a Friend - CeCe Winans



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## WALK, WALK, FORWARD STEP-LOCK-STEP, CROSS ROCK, RECOVER, BACK STEP-LOCK STEP

1-2-3&4      Walk forward right, walk forward left, step forward right, lock left behind right, forward right  
5-6-7&8      Cross left over right, recover to right, traveling back step left over right, back on right, left over right

## QUARTER-¼ TURN RIGHT, SWAY LEFT, SWAY HIPS RIGHT-LEFT-RIGHT

1-2-3&4      Quarter turn right stepping on right, recover weight to left, sway hips to the right, left, right

## KICK-BALL-CROSS, LEFT, RIGHT, LEFT RIGHT

5&6&7&8      Left kick-ball-cross crossing right foot over left, recover onto left, right side step on right, recover weight to left, step right behind left

## WALK, WALK, WALK, STEP LOCK STEP, TURN CROSS SHUFFLE

1-2-3      Walk forward left, right, left  
4&5      Step forward right, lock left behind right, forward on right  
6-7&8      Step forward on left making quarter turn right, big step to side on right, cross left over right, step to side on right

## CROSS, ROCK, QUARTER TURN LEFT, TRIPLE WITH A HALF TURN LEFT, ROCK BACK, RIGHT KICK-BALL-CHANGE

1-2-3      Cross rock left over right, recover weight to right, quarter turn left on left foot  
4&5      Triple step in place right, left, right while making half turn left weight ending on right  
6-7&8      Rock back on left, right kick-ball-change

**REPEAT**

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