My Friends

拍數: 32 **牆數:** 4 **級數:** Improver

編舞者: Kim Liebsch (DK) - February 2012

音樂: Friends (feat. Rock Mafia) - Aura Dione

Intro: 16 counts from first beat in music. Start with weight on L foot.

1 section: Step side hold, sailor step, 2 X skate, coaster step

1-2	Step R to R side, hold 12:00
3&4	Cross L behind R, step R to R side, step L to L side 12:00
5-6	Skate fw on R, skate fw on L 12:00
7&8	Step back on R, step L next to R, step Fw on R 12:00

2 section: ¼ turn R recover, behind side step, ¼ turn L recover, 2 x point, step back

1-2	¼ turn R stepping fw on L, recover on R 3:00
3&4	Cross L behind R, step R to R side, step fw on L 3:00
5-6	¼ turn L stepping fw on R, recover on L 12:00
7&8	Point R fw, point R to R side, step back on R 12:00

3 section: Rock recover, lock step, point R ½ turn, scissor step

1-2	Rock fw on L, recover on R 12:00
3&4	Step back on L, lock step R in front of L, step back on L 12:00
5–6	Point R to R side, make ½ turn R, stepping R next to L 6:00
7&8	Step L to L side, step R beside L, cross L over R 6:00

4 section: Side rock, cross shuffle, step side, touch ¼ turn R , kick ball step

1-2	Step R to R side, recover on L 6:00
3&4	Cross R over L, step L to L, cross R over L 6:00
5 -6	Step L to L side, touch R next to L while turning ¼ R,(touching R toe- slightly bending knee) 9:00
7&8	Kick R fw, step R beside L, step fw on L 9:00

Good Luck & N´joy!

Ending: After first 2 counts (facing 6:00) make sailor ½ turn over left shoulder.