

Friday Frolics

Count: 68

Wand: 2

Ebene: Improver

Choreograf/in: Ross Brown (ENG) - July 2015

Musik: Dance All Night - Michael English : (Album: Dance All Night - Single)



Intro : □ 16 Counts (Approx. 6 Seconds)

Tags : □ Dance the Tag at the End of Walls 2 & 4, then start the Dance again.

Ending : □ Dance the Tag at the End of Wall 7, to end facing the Front Wall.

S1: SIDE, TOUCH. X2. ROLLING VINE FULL TURN L.

- 1 – 2 – 3 – 4 Step left to the left, touch right next to left, step right to the right, touch left next to right.
5 – 6 Make a ¼ turn left stepping forward with left, make a ½ turn left stepping back with right.
7 – 8 Make a ¼ turn left stepping left to the left, touch right next to left. (12 O'CLOCK)

S2: SIDE, TOUCH. X2. ROLLING VINE FULL TURN R.

- 1 – 2 – 3 – 4 Step right to the right, touch left next to right, step left to the left, touch right next to left.
5 – 6 Make a ¼ turn right stepping forward with right, make a ½ turn right stepping back with left.
7 – 8 Make a ¼ turn right stepping right to the right, touch left next to right. (12 O'CLOCK)

S3: STEP FORWARD. SWIVEL; HEEL, TOE, HEEL. BACK, LONG DRAG, TOUCH.

- 1 – 2 – 3 – 4 Step forward with left, swivel right heel together, swivel right toe together, swivel right heel together.
5 – 6 – 7 – 8 Step back with right, drag left foot together over two Counts, touch left next to right. (12 O'CLOCK)

S4: SIDE ROCK, KICK, CROSS. SIDE ROCK, CROSS, HOLD.

- 1 – 2 – 3 – 4 Rock left to the left, recover onto right, kick left foot forward, cross step left over right.
5 – 6 – 7 – 8 Rock right to the right, recover onto left, cross step right over left, hold for Count 8. (12 O'CLOCK)

S5: (IN A CIRCLE SHAPE) EXTENDED SHUFFLE FULL TURN L, HOLD.

- 1 – 8 Gradually make a full turn left stepping; forward with left, together with right, forward with left, together with right, forward with left, together with right, forward with left, hold for Count 8. (12 O'CLOCK)

S6: (IN A CIRCLE SHAPE) EXTENDED SHUFFLE FULL TURN R, HOLD.

- 1 – 8 Gradually make a full turn right stepping; forward with right, together with left, forward with right, together with left, forward with right, together with left, forward with right, hold for Count 8. (12 O'CLOCK)

S7: RUMBA BOX FORWARD.

- 1 – 2 – 3 – 4 Step left to the left, step right next to left, step forward with left, hold for Count 4.
5 – 6 – 7 – 8 Step right to the right, step left next to right, step back with right, hold for Count 8. (12 O'CLOCK)

S8: BACK MAMBO ½ TURN R. HOLD. TOE STRUTS BACK with SHIMMIES.

- 1 – 2 – 3 – 4 Rock back with left, recover onto right, make a ½ turn right stepping back with left, hold for Count 4.
5 – 6 – 7 – 8 Touch right toe back, place right heel, touch left toe back, place left heel. (Shimmy your shoulders too) (6 O'CLOCK)

S9: COASTER STEP, HOLD.

- 1 – 2 – 3 – 4 Step back with right, step left next to right, step forward with right, hold for Count 4. (6 O'CLOCK)

END OF DANCE!

TAG :□□JAZZ BOX ¼ TURN L. TOGETHER, SWIVET RIGHT, HOLD. X2.

- 1 – 2 Cross step left over right, make a ¼ turn left stepping back with right.
- 3 – 4 Step left to the left, step slightly forward with right.
- 5 – 6 Step left next to right, twist right toe to the right and left heel to the left.
- 7 – 8 Twist feet back together, hold for Count 8. (Weight ends on right)
- 9 – 16 Repeat Counts 1 – 8 of the Tag.

Contact: ross-brown@hotmail.co.uk
