Count: 96
Wand: 2
Ebene: Phrased Advanced
Choreograf/in: Jannie Tofte Stoian (DK) - August 2019
Musik: Be Your Friend $\square \square$ - Vigiland \& Alexander Tidebrink : (iTunes)

Phrasing: A, B, A, A, C, TAG, A, B, A, A, C, C
Intro: 16 counts intro (app. 7 seconds). Starts on singing
Note: All directions will be with starting point 12:00
WDM 2019 Advanced Non-Country Choreography Winner

## PART A

[1-8] Cross side, Sailor step, Cross side, Sailor $1 / 4 \mathrm{~L}$
1-2 $\quad$ Cross $R$ over $L$ (1), step $L$ to $L$ side (2) 12:00
3\&4 Cross $R$ behind $L$ (3), step $L$ to $L$ side (\&), step $R$ (slighty diagonally) to $R$ side(4) 12:00
5-6 Cross $L$ over $R$ (5), step $R$ to $R$ side (6) 12:00
7\&8 Cross $L$ behind $R(7)$, start turning $1 / 4 L$ stepping $R$ to $R$ side (\&), finish $1 / 4 L$ stepping $L$ fw 09:00
[9-16] Rock step, Triple full R, Rock step, Chassé $1 / 4 \mathrm{~L}$
1-2 Rock $R$ fw (1), recover onto $L$ (2) 09:00
3\&4 Triple full turn $R$ on the spot going $R(3), L(\&), R(4)$ 09:00
5-6 Rock L fw (5), recover onto $R$ (6) 09:00
7\&8 $\quad$ Turn $1 / 4 L$ stepping $L$ to $L$ side (7), step $R$ next to $L$ (\&), step $L$ to $L$ side (8) 06:00
[17-24] Cross side, Sailor $1 / 2 R$ cross, Side rock, Ball side together
1-2 Cross $R$ over $L$ (1), step $L$ to $L$ side (2) 06:00
3\&4 Cross $R$ behind $L$ (3), turn $1 / 4 R$ stepping $L$ next to $R(\&)$, turn $1 / 4 R$ crossing $R$ over $L$ 12:00
5-6 $\quad$ Rock $L$ to $L$ side (5), recover onto $R$ (6) 12:00
\&7-8 Step $L$ next to $R(\&)$, step $R$ to $R$ side (7), step $L$ next to $R$ (8) angle your body slightly $L$ 12:00
[25-32] Vaudeville $\times 2$, Heel switches $\times 2$, Step $1 / 2 \mathrm{~L}$
1\&2\& Cross $R$ over $L$ (1), step $L$ slightly back (\&), step $R$ heel to $R$ diagonal (2), step $R$ down (\&) 12:00
3\&4\& Repeat with L 12:00
5\&6\& $\quad$ Step $R$ heel fw (5), step $R$ back to center (\&), step $L$ heel fw (6), step $L$ back to center (\&) 12:00
7-8 Step $R$ fw, turn $1 / 2 L$ stepping onto $L$ 06:00

## PART B

[1-8] Jazz box cross, Vine R
1-4 Cross $R$ over $L$ (1), step $L$ back (2), step $R$ to $R$ side (3), cross $L$ over $R$ (4) 12:00
5-8 Step $R$ to $R$ side (5), cross $L$ behind $R$ (6), step $R$ to $R$ side (7), cross $L$ over $R$ (8) 12:00
[9-16] Chassé $1 / 4 \mathrm{~L}$, Backwards rocking chair, Out out in in
1\&2 Step $R$ to $R$ side (1), step $L$ next to $R(\&)$, turn $1 / 4 L$ stepping $R$ back (2) 09:00
3-6 Rock $L$ back (3), recover onto $R$ (4), rock $L$ fw (5), recover onto $R(6)$ 09:00
\&7\&8 Step L out (\&), step R out (7), step L in (\&), step R in (8) 09:00
[17-24] Back rock, Shuffle $1 / 2$ R, Back rock, Shuffle $1 / 2$ L
1-2 Rock $L$ back (1), recover onto $R$ (2) 09:00
3\&4 Turn $1 / 4 R$ stepping to $L$ side (3), step $R$ next to $L$ (\&), turn $1 / 4 R$ stepping $L$ back (4) 03:00
[25-32] Back rock, Step $1 / 4$ R, Ball slide collect
1-2 Rock $L$ back (1), recover onto $R(2)$ 09:00
3-4 Step $L$ fw (3), turn $1 / 4 R$ stepping onto $R(4)$ 12:00
\&5-8\& $\quad$ Step $L$ next to $R(\&)$ step $R$ a big step to $R$ side dragging $L$ tw $R(5-8)$ step $L$ nex to $R(\&)$ 12:00

PART C
[1-8] Rock step, Out out, Heel lifts, Sailor Volta 3/4 R
1-2 Rock $R$ fw (1), recover onto $L$ (2) 12:00
\&3 Step R back and out (\&), step L back and out (3) 12:00
\&4 Lift both heels off floor - knees bent ( $\&$ ), set both heels back down (4) (weight $L$ ) 12:00
5\&6 Cross $R$ behind $L(5)$, start turning $1 / 4 R$ stepping $L$ slightly back (\&), finish $1 / 4 R$ crossing $R$ over L (6) 03:00
\&7\&8 Turn $1 / 4 R$ stepping $L$ slightly $L(\&)$, cross $R$ over $L(7)$ - repeat for $\& 8$ note: small crosses 09:00
[9-16] Rock step, Ball point body roll, Sailor $1 / 4 \mathrm{~L}$ cross, Side switches
1-2 Rock L fw (1), recover onto R (2) 09:00
\&3-4 Step $L$ next to $R(\&)$, point $R$ back (3), body roll from head down (or just step down on $R$ ) (4) 09:00
5\&6 Cross $L$ behind $R(5)$, start turning $1 / 4 L$ stepping $R$ slightly back (\&), cross $L$ over $R(6)$ 06:00
7\&8\& Point $R$ to $R$ side (7), step $R$ next to $L(\&)$, point $L$ to $L$ side (8), step $L$ next to $R(8)$ 06:00
[17-24] Rock step, Out out, Heel lifts, Sailor Volta $3 / 4$ R
1-8 Repeat counts 1-8 03:00
[25-32] Vaudeville $x 2$, Jazz box $1 / 4 L$ touch
1\&2\& Cross $L$ over $R(1)$, step $R$ slightly back (\&), step $L$ heel to $L$ diagonal (2), step $L$ down (\&) 03:00
3\&4\& Repeat with R 03:00
5-8 Cross $L$ over $R(5)$, step $R$ back (6), turn $1 / 4 L$ stepping $L$ to $L$ side (7), touch $R$ next to $L$ (8) 12:00

Tag: Rocking chair - facing 06:00
1-4 Rock $R$ fw (1), recover onto L (2), rock R back (3), recover onto L (4) 06:00

## Good luck \& enjoy!

Last Update - 21 Aug. 2019

