

# F.R.I.E.N.D.S.

**COPPER KNOB**  
STEPSHEETS

Count: 40

Wand: 4

Ebene: Intermediate

Choreograf/in: David J. McDonagh (WLS)

Musik: I'll Be There for You - The Rembrandts



## ROLLING VINE RIGHT SCUFF, STEP LOCK STEP SCUFF

1-4 Normal vine right with  $\frac{1}{4}$  turn right (right side, left behind, right side  $\frac{1}{4}$  turn right, scuff left heel)

**Option: rolling vine to the right (total 1 &  $\frac{1}{4}$  turn) stepping: right, left, right, scuff left heel**

5-8 Step left forward, lock-step right behind left, step left forward, scuff right heel

## JAZZ BOX CROSS, WEAVE, HIP SWAYS

1-4 Cross-step right over left, step left back, step right to right side, cross-step left over right

5-6 Step right to right side, cross-step left behind right

7-8 Step right to right side swaying hips right, sway hips left

## KICK STEP BACK, SWIVEL, SWIVEL, HIP BUMP, KICK BALL BACK

1-2 Kick right forward, step right back

3 Swivel both heels left turning your head over your right shoulder dropping right shoulder

4 Swivel both heels right turning your head back to your left straightening shoulders

5&6& Bump hips: right (5), left (&), right (6), left (&) turning  $\frac{1}{2}$  turn right by swiveling on both toes

7&8 Kick right forward, step right back, step left to left side

**Click/snap: click right fingers right on counts (3), (5), (6)**

## SAILOR STEPS, HELL BALL SIDE STEPS

1&2 Cross-step right behind left, step left to left side, step right to right side

3&4 Cross-step left behind left, step right to right side, step left to left side

5&6 Tap right heel forward, step right beside left, step left to left side

7&8 Tap right heel forward, step right beside left, step left to left side

**Arms: optional arm movements for 25-32:**

5&6 Point (or punch) right index finger forward (away from you) (5), bring right arm in then down to side (&6)

7&8 Repeat same hands as in (5&6)

## BEHIND UNWIND $\frac{3}{4}$ , FORWARD & POINT, TURN & POINT, CROSS SHUFFLE

1-2 Cross-step right behind left, unwind  $\frac{3}{4}$  right (weight on right)

3&4 Step left forward, touch right beside left, point right to right side

5&6 Step right beside left with  $\frac{1}{4}$  turn right, touch left beside right, point left to left side

7&8 Cross-step left over right, step right to right side cross-step left over right

**Option: instead of a cross shuffle (7&8), you can do a full turn right stepping: left, right, left (cross over right)**

## REPEAT

## RESTARTS

Walls 2 and 8: dance counts 1-36, then restart to beginning of dance

Wall 7: dance counts 1-26 (with a right sailor point instead of sailor step), then restart to beginning of dance

The speed of the song can vary depending on perspective, it feels double time during counts 1-16, and feels slower on the rest of the dance. The famous 4x claps in the song will hit the hip sways (15-16) then slow yourself down for the next section of the dance

If you find it easier, you can think of it as a 32 count dance using counts 1&2&...8& etc. (but in reality it's still done on the whole beats)