Best Of Friends Cha Cha



Count: 40 Wand: 2 Ebene: Intermediate

Choreograf/in: Adrian Churm (UK)

Musik: Best of Friends - Dave Sheriff



Adapted for solo line dancing from the partner/circle dance "Best Of Friends" by John And Jean Miles

ROCK-STEP, SHUFFLE BACK, ROCK-STEP SHUFFLE FORWARD

1-2	Rock forward ont	o left foot.	rock backward	onto right foot

3&4 Left foot shuffle backward (left, right, left)

5-6 Rock backward onto right foot, rock forward onto left foot

7&8 Right foot shuffle forward (right, left, right)

HALF-TURN, SHUFFLE, HALF-TURN, SHUFFLE

1-2	Step left foot forward & turn ½ right, step right foot in place

3&4 Left foot shuffle forward (left, right, left)

5-6 Step right foot forward & turn ½ left, step left foot in place

7&8 Right foot shuffle forward (right, left, right)

SWAY-2-3-4, SWAY-2-3-4

1 Step left foot forward turning ¼ right to face out & sway hips left

2-3-4 Sway hips right, left, right

5 Step left foot back & sway hips left

6-7-8 Sway hips right, left, right

1/4 TURN LEFT, CROSS STEP, SIDE POINTS, TRIPLE STEPS INPLACE

25-32	Left foot steps forward as you make a ¼ turn to the left, point right foot to the side
27-28	Right foot steps forward and across left foot, point left foot to the side
29-30	Left foot steps forward and across right foot, point right foot to the side
31-32	Right foot steps forward and across left foot, point left foot to the side

WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE

33-34	Left foot steps next to right foot, right foot steps in place
35&36	Left foot steps in place, right foot in place, left foot in place

37-38 Right foot steps in place, left foot in place

39&40 Right foot steps in place, left foot in place, right in place

REPEAT