|  |  |
| --- | --- |
| Need A Friend |  |

.

|  |
| --- |
| . |
| **Count:** | 32 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | Iriani (INA) - June 2020 |
| **Music:** | Help Me Make It Through the Night (feat. Loren Allred) - Michael Bublé |
| . |

**Intro Music 4 count**

**Intro Dance 16 count**

**No Tag, No Restart**

**INTRO DANCE**

**(1-8) SIDE, CROSS OVER, BACK LOCK SHUFFLE DIAGONAL, BACK, RECOVER, CHASSE**

|  |  |
| --- | --- |
| 1 2 3 | Step R to R (1), step L cross R diagonal 1.30 (2) recover R (3) |

|  |  |
| --- | --- |
| 4 & 5 | Step back on L (1/8 turn L),(4) step R over L (&), step back on L (5) (12.00) |

|  |  |
| --- | --- |
| 6 7 | Step R back(6), recover L (7) |

|  |  |
| --- | --- |
| 8&1 | Step R to R (8) step L next R (&), step R to R (1) |

**(9-16) SIDE, CROSS OVER, BACK LOCK SHUFFLE DIAGONAL, BACK, RECOVER, SIDE**

|  |  |
| --- | --- |
| 2 3 | Step L cross R diagonal 1.30 (2) recover R (3) |

|  |  |
| --- | --- |
| 4 & 5 | Step back on L (1/8 turn L), step R over L, step back on L (12.00) |

|  |  |
| --- | --- |
| 6 7 8 | Step R back(6), recover L (7), Step R to R (8) |

**MAIN DANCE**

**Sect 1: SIDE, CLOSE, FORWARD, FORWARD LOCK SHUFFLE,TURN 1/4 R, FORWARD, TURN 1/2 R, BACK LOCK SHUFFLE**

|  |  |
| --- | --- |
| 1 2 3 | Step L to L side (1), Step R next to L (2), Step fwd on L (3) |

|  |  |
| --- | --- |
| 4 &5 | Step fwd on R (4), Lock L behind R (&), Step fwd on R (5) |

|  |  |
| --- | --- |
| 6 7 | Turn 1/4 R step L fwd (6) step R fwd (7) |

|  |  |
| --- | --- |
| 8 & 1 | Turn 1/2 R step L back (8) Cross R over L (&), step L back |

**Sect 2: CLOSE FORWARD, FORWARD, LOCK SHUFFLE, FULL TURN R, FORWARD LOCK SHUFFLE**

|  |  |
| --- | --- |
| 2 3 | Step R next to L (2) step fwd on L (3) |

|  |  |
| --- | --- |
| 4 & 5 | Step fwd R (4) lock L behind R (&) step forward on R (5) |

|  |  |
| --- | --- |
| 6 7 | Turn 1/2 R step L back(6) turn 1/2 R step R fwd(7) |

|  |  |
| --- | --- |
| 8 & 1 | Step fwd L (8) lock R behind L(&) Step L fwd(1) |

**Sect 3: FORWARD, TURN 1/4 L, CROSS SHUFFLE, SIDE, CLOSE, FORWARD LOCK SHUFFLE**

|  |  |
| --- | --- |
| 2 3 | Step R fwd (2), turn ¼ L step L to left side (3) 6:00 |

|  |  |
| --- | --- |
| 4 & 5 | Cross R over L (4), Step L to left side (&), Cross R over L (5) 6:00 |

|  |  |
| --- | --- |
| 6 7 | Step L to L(6) step R next to L (7) |

|  |  |
| --- | --- |
| 8 & 1 | Step L fwd(8) lock R behind L (&)Step L fwd(1) |

**Sect 4: FORWARD, PIVOT 1/2 L, TURN 1/2 L SWEEP L TO BACK, STEP L BACK SWEEP R TO BACK, SWAY L R**

|  |  |
| --- | --- |
| 2 3 4 | Step R fwd(2) pivot turn1/2 L step L in place (3) turn 1/2 L step R back sweep L to back (4) |

|  |  |
| --- | --- |
| 5 6 7 8 | Step L back sweep R to back (5) step R back (6) step L to L side and sway L (7) sway R (8). |

**Start again!**

**Enjoy the dance, stay safe**

**Contact email : iriani.villa@gmail.com**

**Last Update – 10 July 2020 - R2**