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| Beautiful Friend |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate NC2S | . |
| **Choreographer:** | Dave Baycroft (UK), Pauline Baycroft, Rachael McEnaney (USA), Dee Musk (UK) & Shaz Walton (UK) - October 2013 | | | | |
| **Music:** | Beneath Your Beautiful (feat. Emeli Sandé) - Labrinth : (iTunes) | | | | |
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**(To Craig on your 30th birthday – from us)**

**16 Count Intro – Approx 12 seconds – Track approx 4 mins 30 secs BPM 84.**

**Step L, Step R Twist ½ Turn L, Full Turn R, Full Step Spiral R, Step, Rock Recover.**

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| 1-3 | Step forward on L (1), step forward on R (2), twist ½ turn L (3), (weight back on R). |

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| 4& | Making a ½ turn R replace weight back on L (4), making a ½ turn R step forward on R (&). |

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| 5,6 | Step forward on L and make a full spiral turn R (5), step forward on R (6). |

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| 7,8 | Rock forward on L (7), recover weight to R (8). (6 o’clock). |

**Run, Run Sweep, Back Sweep x2, Rock Recover ¼ R, Behind Side, Cross Rock, Side Touch.**

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| &1 | Run back L (&), run back R sweeping L to behind R (1). |

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| 2,3 | Step back L sweeping R to behind L (2), step back R sweeping L to behind R (3). |

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| 4&5 | Rock back on L (4), recover weight to R (&), make a ¼ turn R stepping L to L side (5). |

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| 6& | Cross step R behind L (6), step L to L side (&). |

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| 7& | Cross rock R over L (7), replace weight to L (&). |

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| 8& | Step R to R side (8), touch L toe beside R (&). (9 o’clock). |

**\*\*Restart from here during wall 4 – begin again facing 6 o’clock wall.**

**Side Back Cross, Back Side Cross, Point, Hitch Side, Back Rock Side, Behind ¼ Turn R, ¼ Turn R.**

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| 1&2 | Step L to L side (1), step back on R (&), cross L over R (2). |

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| &3& | Step back on R (&), step L to L side (3), cross R over L (&). |

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| 4 | Point L toe to L side (4). |

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| &5 | Hitch L knee in towards R (&), step a large step to L side with L (5). |

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| 6&7 | Cross rock R behind L (6), recover weight to L (&), step R to R side (7). |

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| 8&1 | Cross step L behind R (8), make a ¼ turn R stepping forward on R (&), make a ¼ turn R stepping L to L side. (3 o’clock). |

**Prissy Walk R, Prissy Walk L, Step ¾, Side Rock, Cross Rock Side, Cross Rock, ¼ Turn L.**

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| 2,3 | Step R slightly across L (2), step L slightly across R (3). |

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| 4& | Step forward R (4), make a ¾ turn L (&) (weight on L facing 6 o’clock). |

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| 5& | Rock R out to R side (5), recover weight to L (&). |

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| 6&7 | Cross rock R over L (6), recover weight to L (&), step R to R side (7). |

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| 8&a | Cross rock L over R (8), recover weight to R (&), make a ¼ turn L on ball of R (a), to begin again from count 1). (3 o’clock). |

**\*Restart - during wall 4 dance the first 16 counts - begin again facing 6 o’clock wall.**

**Contacts: -**

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