Friends

Count: 64 **Wall:** 2 **Level:** Phrased Intermediate
Choreographer: Ambros Sillero (IT) - May 2017
Music: You've Been a Friend To Me - Bryan Adams

Step sheet by: Xavi Barrera

This choreography is formed by a stanza A, of 32 counts, and a stanza B, of 32 counts.
There is a variation of B (b) that consists of dancing only the first 16 counts of B, adding a stomp at the end.

Sequence: ABB – ABB –ABBB - ABBBb

Part A: 32 counts
A: HEEL STRUT x 2, SWIVELS, ½ TURN SWIVELS
1- Touch right heel forward
2- Lower right foot
3- Touch left heel forward
4- Lower left foot
5- Step right forward and move both heels to the right at the same time
6- Recover both heels to center
7- Move both heels to the right
8- Keep moving both heels until complete ½ turn to the left

A: L HEEL STRUT x 2, SWIVELS, ½ TURN SWIVELS
9- Touch right heel forward
10- Lower right foot
11- Touch left heel forward
12- Lower left foot
13- Step right forward and move both heels to the right at the same time
14- Recover both heels to center
15- Move both heels to the right
16- Keep moving both heels until complete ½ turn to the left

A: ½ TURN TOE STRUT x 2, GRAPVINE SCUFF
17- Touch right toe forward
18- Lower right heel, turning ½ turn to the left at the same time
19- Touch left toe back
20- Lower left heel, turning ½ turn to the left at the same time
21- Step right to the right
22- Cross left behind the right
23- Step right to the right
24- Scuff left beside the right

A: ROCK STEP x 2, SLIDE AND SWIVEL
25- Rock left crossed over the right
26- Recover your weight on to the right
27- Rock left crossed over the right
28- Recover your weight on to the right
29- Slide left to the left and move right toe to the left at the same time
30- Slide left to the left and move right heel to the left at the same time
31- Slide left to the left and move right toe to the left at the same time
32- Slide left to the left and move right heel to the left at the same time

Part B: 32 counts

B: ROCK STEP, STEP, HOLD, ROCK STEP, TOE STRUT

1- Rock right crossed behind the left
2- Recover your weight on to the left
3- Step right beside the left
4- Hold
5- Rock left crossed behind the right
6- Recover your weight on to the right
7- Touch left toe beside the right
8- Lower left heel

B: ½ TURN TOE STRUT, TOE STRUT, ½ TURN STEP x 3, STOMP

9- Turning ½ turn to the left, touch right toe forward
10- Lower right heel
11- Touch left toe beside the right
12- Lower left heel
13- Step right back, turning ½ turn to the right at the same time
14- Step left forward, turning ½ turn to the right at the same time
15- Step right back, turning ½ turn to the right at the same time
16- Step left beside the right

B: TOE-CROSS x 3, ¼ TURN HITCH, ¼ TURN STOMP

17- Touch right toe to the right
18- Cross right behind the left
19- Touch left toe to the left
20- Cross left behind the right
21- Touch right toe to the right
22- Cross right behind the left
23- Raise left knee and jump ¼ turn to the left on to the right foot.
24- Stomp left forward, turning ¼ turn to the left at the same time

B: GRAPEVINE, ROLLING GRAPEVINE

25- Step right to the right
26- Cross left behind the right
27- Step right to the right
28- Touch left toe beside the right
29- Lower left heel, turning ¼ turn to the left at the same time
30- Step right forward, turning ½ turn to the left at the same time
31- Step left back, turning ¼ turn to the left at the same time
32- Stomp right beside the left

Contact: Submitted by - Xavi Barrera: xavier_barrera@hotmail.com