Beautiful Friend

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)

(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.

1-3	Step forward on L (1), step forward on R (2), twist ½ turn L (3), (weight back on R).
4&	Making a ½ turn R replace weight back on L (4), making a ½ turn R step forward on R (&).
5,6	Step forward on L and make a full spiral turn R (5), step forward on R (6).
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.

&1	Run back L (&), run back R sweeping L to behind R (1).
2,3	Step back L sweeping R to behind L (2), step back R sweeping L to behind R (3).
4&5	Rock back on L (4), recover weight to R (&), make a ¼ turn R stepping L to L side (5).
6&	Cross step R behind L (6), step L to L side (&).
7&	Cross rock R over L (7), replace weight to L (&).
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.

1&2	Step L to L side (1), step back on R (&), cross L over R (2).
&3&	Step back on R (&), step L to L side (3), cross R over L (&).
4	Point L toe to L side (4).
&5	Hitch L knee in towards R (&), step a large step to L side with L (5).
6&7	Cross rock R behind L (6), recover weight to L (&), step R to R side (7).
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.

2,3	Step R slightly across L (2), step L slightly across R (3).
4&	Step forward R (4), make a ¾ turn L (&) (weight on L facing 6 o'clock).
5&	Rock R out to R side (5), recover weight to L (&).
6&7	Cross rock R over L (6), recover weight to L (&), step R to R side (7).
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.**

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