Count: 32
Wall: 4
Level: Low Intermediate
Choreographer: Glenda Silver (AUS) - December 2016
Music: My Friend - Simon Gallaher : (Album: All In Good Time)

Restart: Wall 4 with Tag, Wall 8 both facing 6.00 o'clock wall.
Intro: 34 beats on piano before vocals.

## STEP SWEEP, STEP SWEEP,R COASTER STEP

1\&2\&3\&4 Step R forward, Sweep $L$ from back to front, step forward $L$, sweep $R$ from back to front $R$ coaster step forward $R$ (step $R$ forward, tog with $L$, step $R$ back).
STEP BACK SWEEP, STEP BACK SWEEP, $1 / 4$ SAILOR L.
5\&6\&7\&8 Step back on L, sweep R from front to back, step R back sweep L from front to back, 1/4 sailor $L$, step $L$ behind $R, 1 / 4 L$,( step $L$ to side, replace weight onto $R$, step $L$ to side).

FORWARD COASTER, BACK COASTER**
1\&2 3\&4 Step $R$ forward, $L$ beside $R$, step back $R$, step back $L, R$ beside $L$, step $L$ forward**. ROCK FORWARD R,1/2 TURN R SHUFFLE.*
$567 \& 8 \& \quad$ Rock $R$ forward, replace onto $L$, turn $1 / 2 R$, shuffle forward $R L R$, stepping $L$ beside $R(\&)^{*}$.
ROCK R SIDE, REPLACE, BEHIND SIDE CROSS R.ROCK L SIDE , REPLACE, BEHIND SIDE CROSS L.
12 3\&4 Rock $R$ to side, replace onto $L$ weight on $L$, step $R$ behind $L$ step side $L$, cross $R$ over $L$
$567 \& 8 \quad$ Rock $L$ to side, replace onto $R$ weight on $R$, step $L$ behind $R$ step side $R$, cross $L$ over $R$.
ROCK SIDE R, REPLACE, 1/4, SAILOR R.
12 3\&4 Rock $R$ to side, replace with weight on $L$, step $R$ behind $L$ turning $1 / 4 R, L$ to side, replace onto R.
ROCK L TO SIDE, REPLACE R, BEHIND L, $1 / 4$ R SHUFFLE, L BESIDE R.
$5 \& 6,7 \& 8$ \& Rock onto side $L$, replace stepping $R$ to side (\&), L behind $R, 1 / 4 R$ shuffle $R L R$, stepping $L$ beside $R(\&)$.

RESTART: Wall 4,* dance to beat 16\&. Add Tag
TAG: 1\&2, $3 \& 4$ (Quick rock \& cross, rock \& cross). Rock side $R$ replace onto $L$ and cross $R$ over $L$ (weight on $R$ )Rock side $L$ replace onto $R$ and cross $L$ over $R$ ( weight on $L$ ), Restart facing 6.00 clock wall, now becomes wall 5 .

RESTART: Wall 8 **facing 6.00, after beat 12 (coaster steps), now becomes wall 9.
FINISH: Dance first 8 beats, you will be facing front, replacing $1 / 4$ sailor step $L$, with a $L$ coaster step back, step forward onto $R$ and drag $L$ up to R. Ending facing front.

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