# F.R.I.E.N.D.S.

Compte: 40

Niveau: Intermediate

Chorégraphe: David J. McDonagh (WLS)

Musique: I'll Be There for You - The Rembrandts

## ROLLING VINE RIGHT SCUFF, STEP LOCK STEP SCUFF

1-4 Normal vine right with ¼ turn right (right side, left behind, right side ¼ turn right, scuff left heel)

#### Option: rolling vine to the right (total 1 & ¼ turn) stepping: right, left, right, scuff left heel

5-8 Step left forward, lock-step right behind left, step left forward, scuff right heel

### JAZZ BOX CROSS, WEAVE, HIP SWAYS

- Cross-step right over left, step left back, step right to right side, cross-step left over right 1-4
- 5-6 Step right to right side, cross-step left behind right
- 7-8 Step right to right side swaying hips right, sway hips left

#### KICK STEP BACK, SWIVEL, SWIVEL, HIP BUMP, KICK BALL BACK

- 1-2 Kick right forward, step right back
- 3 Swivel both heels left turning your head over your right shoulder dropping right shoulder
- 4 Swivel both heels right turning your head back to your left straightening shoulders
- 5&6& Bump hips: right (5), left (&), right (6), left (&) turning  $\frac{1}{2}$  turn right by swiveling on both toes
- 7&8 Kick right forward, step right back, step left to left side

Click/snap: click right fingers right on counts (3), (5), (6)

#### SAILOR STEPS, HELL BALL SIDE STEPS

- 1&2 Cross-step right behind left, step left to left side, step right to right side
- 3&4 Cross-step left behind left, step right to right side, step left to left side
- 5&6 Tap right heel forward, step right beside left, step left to left side
- 7&8 Tap right heel forward, step right beside left, step left to left side

#### Arms: optional arm movements for 25-32:

- 5&6 Point (or punch) right index finger forward (away from you) (5), bring right arm in then down to side (&6)
- 7&8 Repeat same hands as in (5&6)

#### BEHIND UNWIND ¾, FORWARD & POINT, TURN & POINT, CROSS SHUFFLE

- Cross-step right behind left, unwind ¾ right (weight on right) 1-2
- 3&4 Step left forward, touch right beside left, point right to right side
- 5&6 Step right beside left with ¼ turn right, touch left beside right, point left to left side
- Cross-step left over right, step right to right side cross-step left over right 7&8

Option: instead of a cross shuffle (7&8), you can do a full turn right stepping: left, right, left (cross over right)

#### REPEAT

#### RESTARTS

Walls 2 and 8: dance counts 1-36, then restart to beginning of dance

Wall 7: dance counts 1-26 (with a right sailor point instead of sailor step), then restart to beginning of dance The speed of the song can vary depending on perspective, it feels double time during counts 1-16, and feels slower on the rest of the dance. The famous 4x claps in the song will hit the hip sways (15-16) then slow yourself down for the next section of the dance

If you find it easier, you can think of it as a 32 count dance using counts 1&2&...8& etc. (but in reality it's still done on the whole beats)





**Mur:** 4