Trouble Is A Friend

级数: Improver

拍数: 32 编舞者: Janice Chin (MY) - May 2016 音乐: Trouble Is a Friend - Lenka

Dance Start after 16 counts.

PART A (32 counts)

Section A1: Box Step

- 12 Step RF to R, Step LF next to RF
- 34 Step RF Forward, Hold
- Step LF to L, Step RF next to LF 56
- 78 Step LF Back, Hold

Section A2: Step, Brush

- 12 Step on RF, Brush LF Forward
- 34 Step on LF, Brush RF Forward
- 56 Step on RF, Brush LF Forward
- 78 Step on LF, Brush RF Forward

Section A3: 1/4 Turn Step Touch, 1/2 Turn Step Touch

- 1234 1/4R Turn Step RF Forward, Step LF Forward, Touch RF behind LF, Step RF Down
- 5678 1/2L Turn step LF Forward, Step RF forward, Touch LF behind RF, Step LF Down

Section A4: Toe Struck, A-go-go Step

- 1234 Touch on Right Toe, Step on RF, Touch on Left Toe, Step on LF
- 5&6 Step RF to R, Step on ball on LF, Step RF in place
- 7 & 8 LF to L, Step on ball on RF, Step LF in place

TAG 1 – Wall 4 (8 counts) (3:00)

Side Rock Recover, Step, Hold

1234 Step RF to R, Recover on LF, Step RF next to LF, Hold 5678 Step LF to L, Recover on RF, Step LF next to RF, Hold

TAG 2 - wall 8 (42 counts) (3:00)

Section T1 Step Together, Step Brush

- 1234 Step RF to R, Step LF next to RF, Step RF to R, Brush LF Forward
- 5678 Step LF to L, Step RF next to LF, Step LF to L, Brush RF Forward

Section T2: Side Rock Recover, Step, Hold

- Step RF to R, Recover on LF, Step RF next to LF, Hold 1234
- 5678 Step LF to L, Recover on RF, Step LF next to RF, Hold

Section T3: Paddle

- Step RF Forward, 1/4L Turn, Step RF Forward, 1/4L Turn 1234 5678 Step RF Forward, 1/4L Turn, Step RF Forward, 1/4L Turn
- Section T4 Repeat Section T1
- Section T5 Repeat Section T2
- Section T6 Repeat Section T3

Section T7DForward Rock, Step, Touch, Back Rock, Step, Touch





墙数:4

1 2 3 4 Rock RF Forward, Recover on LF, Step RF back, Touch LF beside RF

5 6 7 8 Rock LF Back, Recover on RF, Step LF Forward, Touch RF beside LF

Repeat Dance Again

ENDING: At last wall (10th wall facing 6:00) dance to Section 4, finish the last 4 counts at front wall (12:00)

(Count 5&6, 7&8 – A go-go Step, make it 1/2R Turn and finish the dance at 12:00)

Enjoy!

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