

Friends NO Benefits

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Donna Manning (USA) - July 2018
音乐: FRIENDS - Marshmello & Anne-Marie



NO Tags Or Restarts - 16 count intro

Sec. 1 (1-8) L Basic Salsa, R Basic Salsa

1,2,3-4 Push off ball of L back, recover to R, step L together, pause thru 4
5,6,7-8 Push off the flat of the R fwd, recover to L, step R back to diagonal, pause thru 8 – 12:00

Sec. 2 (9-16) L Back Lock Steps, Pause, R Back Lock Steps, Pause

1,2,3-4& Step L to back diagonal, bring R heel to L toe, step L back to diagonal, pause thru 4 but change angle of hips on the & (styling option – drag or kick R to diagonal on 4 still rotating hips)
5,6,7-8 Step R back to diagonal, bring L heel to R toe, step R back to diagonal, pause thru 8 changing angle of hips to the L – 12:00 facing 10:30 (styling option – drag or kick R to diagonal on 8 on the rotation of hips)

Never putting weight on the heel...just skimming the floor

Sec. 3 (17-24) Samba Box modified

1,2,3-4 Step L back, step R back, make 1/8 turn L step L to side, pause (9:00)
5,6,7-8 Cross R over L, step L fwd(7:30), 1/8 turn L step R to R side, pause (6:00)

Sec. 4 (25-32) 1/8 Turn L Step back, Back, 1/8 Turn L Step Side, Cross Rock, Recover, Side

1,2,3-4 1/8 turn L stepping L back, step R back, 1/8 turn L stepping L to L side, pause – 3:00
5,6,7-8 Cross Rock R over L, Recover to L, Step R to R side (might be a longer or shorter step depending on place in the song), drag L to center to be ready to begin again - 3:00

HAVE FUN!

Please do not alter this step sheet in any way.

If you would like to use on your website please make sure it is in its original format and include all CONTACT details on this script.

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Mayday reincarnated.....