拍数： 32
塆数： 2
级数：Intermediate
编舞者：Alison Metelnick（UK）\＆Peter Metelnick（UK）－February 2024
音乐：Best Friends－Eric Paslay


Start after 16 count intro on the word＇Already＇when he sings＇I already＇－approx． 12 secs－77bpm－3mins 34secs－Music Available：Amazon
［1－9］$R$ back drag $L$ into $L$ coaster cross，prissy walk fwd $R / L, R$ fwd， $1 / 4 L$ pivot turn，$R$ cross step， $1 / 2 R$ hinge， L fwd
1－2\＆3 Step $R$ back（big step）whilst dragging left towards $R$ ，step $L$ back，step $R$ together，cross step L over R
4－5 Travelling forward cross step $R$ over $L$ ，cross step $L$ over $R$
6\＆7 Step R，pivot $1 / 4$ left，cross step R over L（ 9 o＇clock）
8\＆1 Turning $1 / 4$ right step $L$ back，turning $1 / 4$ right step $R$ side（ 3 o＇clock），step $L$ forward
WALL 6 RESTART：Dance up to count 7 （ $R$ crossed over $L$ facing $L$ side wall）add the following 2 steps
8\＆Turning $1 / 4$ LEFT step L forward to face back wall（ 6 o＇clock），lift $R$ knee up slightly prepping to restart the dance
Restart the dance facing back wall
［10－17］$R$ cross rock／recover，$R$ side rock／recover，$R$ back rock／recover， $1 / 2 R$ back with $L$ sweep into $L$ coaster， $1 / 2 \mathrm{~L} / \mathrm{R}$ back， $1 / 4 \mathrm{~L}, \mathrm{~L}$ side，$R$ cross step
2\＆Cross rock $R$ over $L$ ，recover weight on $L$
3\＆Rock $R$ side，recover weight on $L$
4\＆Rock R back，recover weight on L（can prep for next turn when you recover by putting foot into 5th position with toes turned out to the left）
5 Turning $1 / 2$ left step $R$ back whilst sweeping $L$ from front to back（ 9 o＇clock）
6\＆7 Step L back，step R together，step L forward（extended 5th toes out left）
8\＆1 Turning $1 / 2$ left step $R$ back，turning $1 / 4$ left step $L$ side，cross step R over L（ 12 o＇clock）
Easy alternative for counts $16 \& 17$－walk forward R／L，turning $1 / 4 R$ cross step right over left
WALL 3 RESTART：Dance up to count 15 （facing $L$ side wall with $L$ fwd）Add the following 2 steps：
8\＆Cross step $R$ over L，turning $1 / 4$ right step $L$ back（facing 12 o＇clock）
Restart the dance facing front wall
［18－24\＆］$L$ side／$R$ tog／$L$ fwd，$R$ side／L tog／$R$ back sweeping $L$ from front to back，$L$ cross behind，$R$ side，$R$ diagonal $L$ fwd rock／recover，$L$ side
$2 \& 3 \quad$ Step $L$ side，step $R$ together，step $L$ forward
4\＆5 Step $R$ side，step $L$ together，step $R$ back whilst sweeping $L$ from front to back
6\＆Cross step $L$ behind $R$ ，step $R$ side
7－8 Turning to right diagonal rock $L$ forward whilst artistically lifting $R$ slightly，recover weight on $R$
\＆
Squaring back to wall（ $1 / 8$ th left）step L side（ 12 o＇clock）
［25－32\＆］$L$ diagonal $R$ fwd rock／recover，$R$ side，$L$ fwd，$R$ chase turn（ $R$ fwd $1 / 1 / 2 L$ pivot turn $/ R$ fwd）， $1 / 2 R, L$ back， $1 / 2 R$ ，R fwd，L fwd，R fwd rock／recover
1－2 Turning to left diagonal rock $R$ forward whilst artistically lifting $L$ slightly，recover weight on $L$
\＆Squaring back to wall（ $1 / 8$ th right）step R side（ 12 o＇clock）
3 Step L forward
4\＆5 Step R forward，pivot $1 / 2$ left，step $R$ forward（extended 5th position with $R$ toes out right）
6\＆7 Turning $1 / 2$ right step $L$ back，turning $1 / 2$ right step $R$ forward，step $L$ forward（6 o＇clock）
Easy alternative：walk forward L／R／L
8\＆Rock $R$ forward，recover weight on $L$
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