

Friend

拍数: 32 墙数: 4 级数: Improver
编舞者: Sandi Brooks (USA)
音乐: Don't Take Her She's All I Got - Tracy Byrd



HEEL TOUCHES WITH HOOK KICK

- 1-2 Touch right heel forward, place it back next to left
- 3-4 Touch left heel forward, place it back next to right
- 5 Touch right heel forward
- 6 Touch right toe back
- 7-8 Bring right foot forward again and do a right hook kick (right foot crosses in front of left shin)

HEEL TOUCHES WITH ½ TURN AND HOOK KICK

- 1 Touch right heel forward
- 2 Touch right toe back
- 3 While keeping your weight on you left leg, and balancing yourself with right toe, pivot on ball of left foot and turn a ½ turn to the right
- 4 Start a hook kick with right foot (right heel is now in front of left shin)
- 5&6 Step down on right foot into a right triple step (right, left, right)
- 7-8 Rock forward on left foot, shift weight. Back onto right

BACKWARD LEFT TRIPLE WITH RIGHT BACK ROCK STEP, FORWARD RIGHT TRIPLE WITH ½ TURNS AND ROCK STEPS

- 1&2 Triple step backwards on left (left, right, left)
- 3-4 Rock step back on right shift weight. Back to left
- 5&6 Triple step forward on right, turning a ½ turn to the left on last step of the right triple step
- 7-8 Rock back on left foot, shift weight back to the right

FORWARD LEFT TRIPLE WITH ½ TURNS AND BACK ROCK STEP, JAZZ SQUARE WITH A ¼ TURN TO THE RIGHT WITH A STOMP

- 1&2 Triple step forward on the left foot, turning a ½ turn to the right on the last step of the triple step
- 3-4 Rock back on the right foot, shift weight. To the left
- 5-8 Jazz square or box step with a ¼ turn to the right (cross right over left, step back on left foot, step right foot to the right making a ¼ turn to the right, stomp left next to right)

REPEAT