BFF (Best Friend Forever)

级数: Beginner / Improver

编舞者: Darren Bailey (UK) - July 2012

音乐: Everybody Needs a Best Friend - Norah Jones

R vine scuff, L vine scuff.

拍数: 32

- 1-2 Step Rf to R side, cross Lf behind Rf
- 3-4 Step Rf to R side, Scuff Lf forward
- Step Lf to L side, cross Rf behind Lf 5-6
- 7-8 Step Lf to L side, Scuff Rf forward

Cross, Back, side, Scuff, cross, back, side, touch.

- 1-2 Cross Rf over Lf, step back on Lf
- 3-4 Step Rf to R side, scuff Lf forward (Or kick Lf forward)
- Cross Lf over Rf, step back on Rf 5-6
- 7-8 Step Lf to L side, scuff Rf forward (Or kick Rf forward)

Step, touch, X2 ((R,L)on diagonals) walk back R, L, R, L.

- 1-2 Step forward on with Rf on R diagonal (1:30), touch Lf next to Rf
- 3-4 Step Forward on with Lf on L diagonal (11:30), touch Rf next to Lf
- 5-6 Step back on Rf, step back on Lf
- 7-8 Step back on Rf, step back on Lf

Side, touch, x2 (R, L), Jazz box 1/4 turn with Kick ball cross ending.

- Step Rf to R side, touch Lf next to Rf 1-2
- 3-4 Step Lf to L side, touch Rf next to Lf
- 5-6 Cross Rf over Lf, make a 1/4 turn R and step back on Lf
- 7&8 Kick Rf forward, step Rf next to Lf, crosss Lf over Rf

Tag: At end of walls (6 and 7)

- Step Rf to R side, cross Lf behind Rf 1-2
- 3&4 Kick Rf forward, step Rf next to Lf, crosss Lf over Rf





墙数:4