U've Got A Friend



拍數: 32 牆數: 4 級數: Improver

編舞者: Kim-Fundanzer (MY) - August 2016 音樂: You've Got a Friend - Susan Wong



Intro: 16 Counts...

Please note: Dance can also be performed with 1-8 counts throughout, with 'hold' on counts 4 & 8, on Sect *1, * 3 and *4, as in Rumba Rhythm.

SECT *1: SIDE TOGETHER, FORWARD SHUFFLE, STEP PIVOT 1/2, 1/2 TURN SHUFFLE

1-2	Step Rf to side, step Lf beside Rf
3&4	Shuffle forward on Rf-Lf-Rf

5-6 Step Lf forward, pivot ½ turn right (weigh on Rf)

7&8 Make a ½ turn right shuffle, stepping on Lf-Rf-Lf (12:00)

SECT *2: ROCK BACK-RECOVER, STEP PIVOT 1/4, SWAY-SWAY, ROCK BACK-RECOVER

1-2 Rock back on Rf, recover onto	Rock back on Rf, recove	er onto Lt
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3-4 Step forward on Rf, pivot ¼ turn left (weigh on Lf) (9:00)5-6 Sway to the right stepping Rf, sway to the left stepping on Lf

7-8 Rock back on Rf, recover onto Lf (9:00)

SECT *3: SIDE-TOGETHER, CROSS SHUFFLE, 1/4, 1/4 RIGHT TURN, SIDE SHUFFLE

1-2	Step Rf to side, step beside L	f
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3&4 Cross Rf over Lf, step Lf slightly to side, cross Rf over Lf

5-6 ¼ turn right, stepping Lf back (12:00), ¼ turn right, step Rf beside Lf (3:00)

7&8 Shuffle to the side on Lf-Rf-Lf (3:00)

***Restart here on Wall 8... (facing 12 O'clock)

SECT *4: ROCK FORWARD-RECOVER, 1/2 TURN RIGHT SHUFFLE, STEP PIVOT 1/2, FORWARD SHUFFLE

1-2	Rock forward on Rf, recover weight on Lf
3&4	Shuffle ½ turn right, stepping on Rf-Lf-Rf
5-6	Step forward on Lf, pivot ½ right (weight on Rf)

7&8 Shuffle forward on Lf-Rf-Lf (3:00)

*8 COUNT TAG: 1st Tag: End of Wall 4 (12:00) 2nd Tag: End of Wall 9 (3:00)

1-2, 3&4 Rock Rf to side, recover on Lf, step Rf next to Lf, step Lf & Rf in place 5-6, 7&8 Rock Lf to side, recover on Rf, step Lf next to Rf, step Rf & Lf in place

RESTART on Wall 8, after 24 counts, facing 12 O'clock

Ending: After Wall 11, facing 9 O'clock, step forward on Rf, pivot ½ turn left, step forward on Rf, pivot ¼ turn left to face front and pose!

Have fun, enjoy!

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