

Best Friend

拍數: 32 牆數: 2 級數: Beginner
編舞者: Nolwenn BERTIN (FR) - November 2018
音樂: Best Friend by The Blue Water Highway Band "Heartbreak City" (2018)



Start dancing after 8 counts

SIDE TOUCH (R&L), SIDE SHUFFLE, TOUCH, SIDE, BEHIND, SIDE SHUFFLE ¼ LEFT

1 & 2& Right F on R side & Left Touch next to R, Left F on L side & R touch next to L
3 & 4& Right Shuffle on R side (R-L-R) & L touch next to R
5 - 6 Left F on L side, Cross R behind L
7 & 8 Left Shuffle on L side finishing L F on ¼ turn Left P 9 :00

ROCKING CHAIR, STEP ½ LEFT, WALK FORWARD (R&L), SHUFFLE FORWARD

1 & 2& Right Rocking Chair (finishing weight on L)
3 - 4 R F forward, Turn ½ Left (weight on L) 3 :00
5 - 6 Walk R & L forward
7 & 8 Shuffle forward (R-L-R)

SYNCOATED SIDE ROCK (L&R), WALK BACKWARD (L&R), COASTER STEP

1 & 2 Left Syncopated Rock Step (weight on L)
3 & 4 Right Syncopated Rock Step (weight on R)
5 - 6 Walk L & R backward
7 & 8 Left F backward & R next to L, LF forward

SHUFFLE FORWARD, STEP ¼ RIGHT, CROSS, SIDE, BEHIND SIDE CROSS

1 & 2 Shuffle forward (R-L-R)
3 - 4 LF forward, Turn ¼ R (weight on R) 6 :00
5 - 6 Cross Left F over R, R F on R side
7 & 8 Cross Left behind R & RF on R side, Cross Left over R C

TAG (8 counts) : At the end of wall 8, after 32 counts

SYNCOATED SIDE ROCK (R&L), STEP ½ LEFT X 2

1 & 2 Right Syncopated Rock Step on Right side (weight on R)
3 & 4 Left Syncopated Rock Step on Left side (weight on L)
5 - 6 RF forward, Turn ½ Left (weight on L)
7 - 8 RF forward, Turn ½ Left (weight on L)

START AGAIN AND KEEP SMILING

Memo

R. Right || Fwd Forward

L. Left || Bwd Backward

BCh Ball Change || Tch Touch

Last Update 10th Dec. 2018