

Friends With Benefits

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner +
編舞者: Rob McKean (CAN) - 30 March 2024
音樂: Live Close By (Visit Often) (with Nicole Atkins) - The Mavericks



#16 Count Introduction. Start on the lyrics

Walk Forward, Mambo Forward, Walk Back, Mambo Back

1-2 3&4 Walk forward R – L, rock forward on R, recover on L, step together on R
5-6 7&8 Walk back L-R, rock back on L, recover on R, step together on L

Side, Slide Together, Shuffle Turn, Pivot, Shuffle

9-10 Step side right, slide L beside R (weight on L)
11&12 Make a ¼ turn right stepping R-L R
13-14 Step forward on L, pivot ½ turn right onto R
15&16 Step forward L-R-L

***Restart dance here on 4th wall**

Cross, Side, Sailor Heel, Ball Cross, Turn, Coaster

17-18 Cross R over L, step side left
19&20 Cross R behind L, step L in place, touch R heel forward
&21-22 Step together on R, cross L over R, step back on R making a ¼ turn left
23&24 Step back on L, together on R, forward on L

Cross Point, Cross Point, Pivot Turn, Pivot Turn

25-26 Cross R over L, point L to left
27-28 Cross L over R, point R to right
29-32 Step forward on R, pivot ½ turn Left, step forward on R, pivot ¼ turn left.

Tag

The tag is done at the end of the 8th sequence.

Either bump hips right twice and then left twice or roll your hips once or twice counter clock wise, then re-start at the beginning.