

Best Friend

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Vane

Description : 32 temps, 4 murs, Intermediaire,
Janvier 2018

Musique : « Best Friend » (Sofi Tukker feat.
Nervo, The Knocks & Alisa Ueno)



Intro : 32 counts.- No tag, no restart.

[1-8] 2X (KICK, TOGETHER), STEP FWD, HEELS SWIVEL, RECOVER, SYNCOPATED HALF JAZZ-BOX, FLICK, STEPFWD, HEELS SWIVEL, RECOVER

- 1& Kick R forward, step R together L
- 2& Kick L forward, step L together R
- 3&4 Step R forward, heels swivel to right, return to center
- 5&6 Cross R over L, step L back, step R to side
- &7 Flick L back/outside, step L forward
- &8 Heels swivel to left, return to center

[9-16] COASTER STEP, LOCK STEP, STOMP, 3X (HEEL BOUNCE) in 1/4 TURN L, SAILOR STEP

- 1&2 Step L back, step R together, step L forward
- &3-4 Cross R behind L, step L forward, stomp R forward
- 5&6 3 bounces heels on the floor in 1/4 turn to left
- 7&8 Cross L behind R, step R to side, step L lightly forward diagonaly to left

[17-24] CROSS, 1/4 TURN L and STEP FWD, 1/2 TURN L and STEP BACK, BEHIND-SIDE-CROSS, OUT-OUT, IN-IN, TOUCH and TOUCH

- &1-2 Cross step R behind L, 1/4 turn to left and step L forward, 1/2 turn to left and step R back
- 3&4 Cross step L behind R, step R to side, cross step L over R
- 5&6& Step R to side, step L to side, step R return to center, step L return to center
- 7&8 Touch R to side, step R together L, touch L to side

[25-32] CROSS ROCK L OVER R, WEAVE to L ENDING with HITCH, 1/4 TURN L and STEP FWD, 1/2 TURN L and STEP BACK, SHUFFLE L in 1/2 TURN L

- 1-2 Cross rock step L over R, recover on R
- &3&4 Step L to side, cross step R over L, step L to side, cross step R behind L with hitch L
- 5-6 1/4 turn to left and step L forward, 1/2 turn to left and step R back
- 7&8 Shuffle L,R,L in 1/2 turn to left

REPEAT AND HAVE FUN !

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