



Approved by:

Vikki  
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# A Friend To Me

## 4 WALL – 48 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 & 2 & 3 & 4 5 & 6 & 7 & 8	<b>Cross Rock, Side Rock, Behind &amp; Step, Cross Rock, Side Rock, Behind Side Cross</b> Cross rock right over left. Recover onto left. Rock right to side. Recover onto left. Cross right behind left. Step left to side. Step right forward. Cross rock left over right. Recover onto right. Rock left to side. Recover onto right. Cross left behind right. Step right to side. Cross left over right.	Cross Rock Side Rock Behind & Step Cross Rock Side Rock Behind Side Cross	On the spot Left On the spot Right
<b>Section 2</b> 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8 & <b>Option</b>	<b>1/4 Turn Strut, 1/4 Turn Strut, 1/2 Turn Strut, Cross Rock (x 2)</b> Turn 1/4 right and step right toe forward. Drop right heel taking weight. Turn 1/4 right and step left toe forward. Drop left heel taking weight. Turn 1/2 right and step right toe forward. Drop right heel taking weight. Cross rock left over right. Recover onto right. Turn 1/4 left and step left toe forward. Drop left heel taking weight. Turn 1/4 left and step right toe forward. Drop right heel taking weight. Turn 1/2 left and step left toe forward. Drop left heel taking weight. Cross rock right over left. Recover onto left. (12:00) (Option: click fingers on turns) 1&2&3&: Right side toe strut, Left behind toe strut, Right side toe strut. 5&6&7&: Left side toe strut, Right behind toe strut, Left side toe strut.	Quarter Strut Quarter Strut Half Strut Cross Rock Quarter Strut Quarter Strut Half Strut Cross Rock	Turning right  On the spot Turning left  On the spot
<b>Section 3</b> 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8	<b>Back Strut x 2, Coaster Step, Scuff, Forward Lock Step, Scuff, Step Pivot 1/2 Step</b> Step right toe back. Drop right heel. Step left toe back. Drop left heel. Step right back. Step left beside right. Step right forward. Scuff left. Step left forward. Lock right behind left. Step left forward. Scuff right. Step right forward. Pivot 1/2 turn left. Step right forward. (6:00)	Back Strut Back Strut Coaster Step Scuff Left Lock Left Scuff Step Pivot Step	Back On the spot Forward Turning left
<b>Section 4</b> 1 2 & 3 4 & 5 6 & 7 8 &	<b>Step, Kick Hitch Back, Back Rock (x 2)</b> Step left forward. Kick right forward. Hitch right. Step right back. Rock back on left. Recover onto right. Step left forward. Kick right forward. Hitch right. Step right back. Rock back on left. Recover onto right.	Step Kick Hitch Back Rock Back Step Kick Hitch Back Rock Back	Forward On the spot  Forward On the spot
<b>Section 5</b> 1 & 2 3 & 4 5 & 6 7 & 8 &	<b>Forward Lock Step, Step Pivot 1/4 Cross, 1/2 Rumba Box, Touch With Hip Bumps</b> Step left forward. Lock right behind left. Step left forward. Step right forward. Pivot 1/4 turn left. Cross right over left. (3:00) Step left to side. Step right beside left. Step left forward. Touch right toe to right diagonal and bump right hip up, down, up.	Left Lock Left Step Pivot Cross Side Together Step Touch Bump & Bump	Forward Turning left Left On the spot
<b>Section 6</b> 1 & 2 & 3 & 4 5 & 6 & 7 & 8	<b>Grapevine Right Cross, Side Rock Cross, Grapevine Left Cross, Side Rock Step</b> Step right to side. Cross left behind right. Step right to side. Cross left over right. Rock right to side. Recover onto left. Cross right over left. Step left to side. Cross right behind left. Step left to side. Cross right over left. Rock left to side. Recover onto right. Step left forward.	Side Behind Side Cross Rock & Cross Side Behind Side Cross Side Rock Step	Right On the spot Left On the spot

**Choreographed by:** Vikki Morris (UK) March 2015

**Choreographed to:** 'You've Been A Friend To Me' by Bryan Adams from CD Single; download available from amazon or iTunes (16 count intro - start on vocals)



A video clip of this dance is available at [www.linedancerweb.com](http://www.linedancerweb.com)