

Friends For Ten

32 count, 4 wall, beginner/intermediate level
Choreographer: Alan & Barbara Heighway, Gaye
Teather & Nigel Payne (UK) July 2006
Choreographed to: A Friend In Need by Dave Sheriff,
CD: Overworked and Underpaid (126 bpm)

16 count intro

Right shuffle forward. Forward rock. Shuffle half turn Left x 2

1&2 Step forward on Right. Step Left beside Right. Step forward on Right

3 - 4 Rock forward on Left. Recover onto Right

5&6 Shuffle half turn Left stepping Left. Right. Left (Facing 6 o'clock)

7&8 Shuffle half turn Left stepping Right. Left Right (Facing 12 o'clock)

(Steps 5 - 8 travel backwards and can be replaced with two shuffles back omitting the turns)

Back rock. Kick ball change x 2. Stomp forward. Hold & clap

1 - 2 Rock back on Left. Recover onto Right

3&4 Kick Left forward. Step Left beside Right. Step Right in place

5&6 Kick Left forward. Step Left beside Right. Step Right in place

7 - 8 Stomp forward on Left. Hold & clap

Chasse Right. Quarter turn Left Chasse. Cross. Side. Sailor step

1&2 Step Right to Right. Step Left beside Right. Step Right to Right

3&4 Quarter turn Left stepping Left to Left side. Step Right beside Left. Step Left to Left (Facing 9 o'clock)

5 - 6 Cross Right over Left. Step Left to Left

7&8 Cross Right behind Left. Step Left to Left. Step Right to Right

Cross. Side. Behind. Point. Cross. Half turn Right. Stomp

1 - 2 Cross Left over Right. Step Right to Right side

3 - 4 Cross Left behind Right. Point Right toe to Right

5 - 6 Cross Right over Left. Quarter turn Right stepping back on Left

7 - 8 Quarter turn Right stepping Right to Right side. Stomp Left beside Right (Facing 3 o'clock)