

One True Friend

40 count, 1 wall, intermediate level

Choreographer: Greywolf & Wiya Wambli

Choreographed to: For Reasons I've Forgotten by
The Black Hills Country Band;

For Reasons I've Forgotten by Trisha Yearwood
(92 bpm), CD: Hearts In Armor

ROCK STEP, COASTER STEP, ½ PIVOT TURN, RIGHT SHUFFLE

- 1-2 Step right foot forward, step left foot back
3&4 Step right foot back, step left foot next to right foot, step right foot forward
5-6 Step left foot forward, turn ½ turn right
7&8 Step left foot forward, step right foot next to left foot, step left foot forward

½ PIVOT TURN LEFT, SHUFFLE, ROCKING CHAIR

- 9-10 Step right foot forward, turn ½ turn left
11&12 Step right foot forward, step left foot next to right foot, step right foot forward
13-16 Step left foot forward, step right foot back, step left foot back, step right foot forward

SHUFFLE, VINE, KICK, CROSS, ½ TURN RIGHT

- 17&18 Step left foot forward, step right foot next to left foot, step left foot forward
19-22 Step right foot to the right, cross left foot behind right foot, step right foot to the right,
left foot kick forward (diagonal right)
23-24 Step left foot across right foot, right foot & left foot ½ turn right (weight on right foot)

TRIPLE STEP, ½ PIVOT TURN LEFT, WEAVE, TOUCH LEFT

- 25&26 Step left foot in place, step right foot in place, step left foot in place
27-28 Step right foot forward, left foot & right foot ½ turn left
29-32 Step right foot across left foot, step left foot to the left, step right foot behind left foot,
touch left foot toe to the left

SHUFFLE, SHUFFLE, SHUFFLE, WALK, WALK

- 33&34 Step left foot forward, step right foot next to left foot, step left foot forward
35&36 Step right foot forward, step left foot next to right foot, step right foot forward
37&38 Step left foot forward, step right foot next to left foot, step left foot forward
39-40 Step right foot forward, step left foot forward
-

Music download available from iTunes
