

One Friend

34 Count, 2 Wall, Intermediate

Choreographer: Edwin P Napitu (Netherland) July 2015

Choreographed to: One Friend by Dan Seals

Intro: 12 counts**1-8 SIDE, ½ TURN L/STEP, STEP, ROCK STEP, BACK(SWEEP), BACK ROCK, ¾ TURN L(SWEEP), CROSS, SIDE**

1 – 2& R long side step to right side, ½ turn left/step L forward, step R forward

3 & 4 Rock L forward, recover on R, step L back(sweep R behind L)

5 – 6 Rock R behind L, recover on L

&7–8& ½ turn left/step R back, ¼ turn left/step L forward(sweep R back to front), cross R over L, step L to left side

9-16 BACK ROCK, SIDE, BACK ROCK, ½ TURN R/BACK, BACK ROCK, FULL TURN L FORWARD, FLICK, STEP

1 – 2 Rock R behind L, recover on L

&3 – 4 Step R to right side, cross L behind R, recover on R

& 5 – 6 ½ turn right/step L back, cross R behind L, recover on L

& 7 & 8 ½ turn left/step R back, ½ turn left/step L forward, flick R behind L, step R forward

17-24 ROCK STEP, BACK/R DRAG, BACK, ½ TURN L/STEP, STEP, ROCK STEP ¼ TURN L, SIDE, WEAWE TO LEFT

1 & 2 Rock L forward, recover on R, step L back/drag R back

3 & 4 Step R back, ½ turn left/step L forward, step R forward

5 & 6 Rock step, ¼ turn left, step L to left side

7 & 8& Cross R over L, step L to left side, cross R behind L, step L to left side

25-34 CROSS ROCK, ¼ TURN L/STEP, STEP, PIVOT ½ TURN L STEP, FULL TURN R FORWARD, ¼ TURN R/SIDE, BACK ROCK, SWAYS

1 – 2 Cross R over L, recover on L

& 3 ¼ turn right/step R forward, step L forward

4 & 5 Step R forward, pivot ½ turn left, step R forward

6 & 7 ½ turn right/step L back, ½ turn right/step R forward, ¼ turn right/step L long to left side

8 & Rock R behind L, recover on L

RESTART – Wall 3

9 – 10 Step R to right side/sway R to right side, sway L to left side

Restart: during 3rd wall (after count 32&).....(06:00)**Just dance & Happy Fun!**