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My Friend

32 Count, 4 Wall, Intermediate

Choreographer: Glenda Silver (USA) Dec 2016

Choreographed to: My Friend by Simon Gallagher.

Album: All In Good Time

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- Restart:** Wall 4 with Tag, Wall 8 both facing 6.00 o'clock wall.
- Intro:** 34 beats on piano before vocals.
- Section 1**
1&2&3&4 **Step Sweep, Step Sweep, R Coaster Step**
Step R forward, Sweep L from back to front, step forward L, sweep R from back to front R coaster step forward R (step R forward, tog with L, step R back).
5&6&7&8 **Step Back Sweep, Step Back Sweep, 1/4 Sailor L.**
Step back on L, sweep R from front to back, step R back sweep L from front to back, 1/4 sailor L, step L behind R, 1/4 L, (step L to side, replace weight onto R, step L to side).
- Section 2**
1&2 3&4 **Forward Coaster, Back Coaster****
Step R forward, L beside R, step back R, step back L, R beside L, step L forward**.
5 6 7&8& **Rock Forward R, 1/2 Turn R Shuffle.***
Rock R forward, replace onto L, turn 1/2 R, shuffle forward R L R, stepping L beside R (&)*.
- Section 3**
1 2 3&4 **Rock R Side, Replace, Behind Side Cross R. Rock L Side , Replace, Behind Side Cross L.**
5 6 7&8 Rock R to side, replace onto L weight on L, step R behind L step side L, cross R over L
Rock L to side, replace onto R weight on R, step L behind R step side R, cross L over R.
- Section 4**
1 2 3&4 **Rock Side R, Replace, 1/4, Sailor R.**
Rock R to side, replace with weight on L, step R behind L turning 1/4 R, L to side, replace onto R.
5&6, 7&8 & **Rock L To Side, Replace R, Behind L, 1/4 R Shuffle, L Beside R.**
Rock onto side L, replace stepping R to side (&), L behind R, 1/4 R shuffle R L R, stepping L beside R (&).
- Restart:** Wall 4,* dance to beat 16&. Add Tag
- Tag:** 1&2, 3&4 (Quick rock & cross, rock & cross). Rock side R replace onto L and cross R over L (weight on R)Rock side L replace onto R and cross L over R (weight on L),
- Restart:** Facing 6.00 clock wall, now becomes wall 5.
- Restart:** Wall 8 **facing 6.00, after beat 12 (coaster steps), now becomes wall 9.
- Finish:** Dance first 8 beats, you will be facing front, replacing 1/4 sailor step L, with a L coaster step back, step forward onto R and drag L up to R. Ending facing front.
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