

Friends

64 Count, 2 Wall, Intermediate (Phrased)

Choreographer: Ambros Sillero (IT) May 2017

Choreographed to: You've Been A Friend To Me by
Bryan Adams

Step sheet by: Xavi Barrera

This choreography is formed by a stanza A, of 32 counts, and a stanza B, of 32 counts.
There is a variation of B (b) that consists of dancing only the first 16 counts of B, adding a stomp at the end.

Sequence: ABB – ABB –ABBB - ABBBb**Part A: 32 counts****Section 1 Heel Strut X 2, Swivels, ½ Turn Swivels**

- 1- Touch right heel forward
- 2- Lower right foot
- 3- Touch left heel forward
- 4- Lower left foot
- 5- Step right forward and move both heels to the right at the same time
- 6- Recover both heels to center
- 7- Move both heels to the right
- 8- Keep moving both heels until complete ½ turn to the left

Section 2 L Heel Strut X 2, Swivels, ½ Turn Swivels

- 9- Touch right heel forward
- 10- Lower right foot
- 11- Touch left heel forward
- 12- Lower left foot
- 13- Step right forward and move both heels to the right at the same time
- 14- Recover both heels to center
- 15- Move both heels to the right
- 16- Keep moving both heels until complete ½ turn to the left

Section 3 ½ Turn Toe Strut X 2, Grapevine Scuff

- 17- Touch right toe forward
- 18- Lower right heel, turning ½ turn to the left at the same time
- 19- Touch left toe back
- 20- Lower left heel, turning ½ turn to the left at the same time
- 21- Step right to the right
- 22- Cross left behind the right
- 23- Step right to the right
- 24- Scuff left beside the right

Section 4 Rock Step X 2, Slide And Swivel

- 25- Rock left crossed over the right
- 26- Recover your weight on to the right
- 27- Rock left crossed over the right
- 28- Recover your weight on to the right
- 29- Slide left to the left and move right toe to the left at the same time
- 30- Slide left to the left and move right heel to the left at the same time
- 31- Slide left to the left and move right toe to the left at the same time
- 32- Slide left to the left and move right heel to the left at the same time

Part B: 32 counts**Section 1 Rock Step, Step, Hold, Rock Step, Toe Strut**

- 1- Rock right crossed behind the left
 - 2- Recover your weight on to the left
 - 3- Step right beside the left
 - 4- Hold
 - 5- Rock left crossed behind the right
 - 6- Recover your weight on to the right
 - 7- Touch left toe beside the right
 - 8- Lower left heel
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Section 2 **½ Turn Toe Strut, Toe Strut, ½ Turn Step X 3, Stomp**
9- Turning ½ turn to the left, touch right toe forward
10- Lower right heel
11- Touch left toe beside the right
12- Lower left heel
13- Step right back, turning ½ turn to the right at the same time
14- Step left forward, turning ½ turn to the right at the same time
15- Step right back, turning ½ turn to the right at the same time
16- Step left beside the right

Section 3 **Toe-Cross X 3, ¼ Turn Hitch, ¼ Turn Stomp**
17- Touch right toe to the right
18- Cross right behind the left
19- Touch left toe to the left
20- Cross left behind the right
21- Touch right toe to the right
22- Cross right behind the left
23- Raise left knee and jump ¼ turn to the left on to the right foot.
24- Stomp left forward, turning ¼ turn to the left at the same time

Section 4 **Grapevine, Rolling Grapevine**
25- Step right to the right
26- Cross left behind the right
27- Step right to the right
28- Touch left toe beside the right
29- Lower left heel, turning ¼ turn to the left at the same time
30- Step right forward, turning ½ turn to the left at the same time
31- Step left back, turning ¼ turn to the left at the same time
32- Stomp right beside the left