



## Be Your Friend

96 Count, 2 Wall, Advanced

Choreographer: Jannie Tofte Anderson (DK) Aug 2019

Choreographed to: Be Your Friend by Vigiland ft

Alexander Tidebrink

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**Intro:** 16 counts intro (app. 7 seconds). Starts on singing

**Note:** All directions will be with starting point 12:00

**WDM 2019 Advanced Non-Country Choreography Winner**

### Part A

#### **S1 Cross Side, Sailor Step, Cross Side, Sailor ¼ L**

1-2 Cross R over L (1), step L to L side (2) 12:00  
3&4 Cross R behind L (3), step L to L side (&), step R (slightly diagonally) to R side (4) 12:00  
5-6 Cross L over R (5), step R to R side (6) 12:00  
7&8 Cross L behind R (7), start turning ¼ L stepping R to R side (&), finish ¼ L stepping L fw 09:00

#### **S2 Rock Step, Triple Full R, Rock Step, Chassé ¼ L**

1-2 Rock R fw (1), recover onto L (2) 09:00  
3&4 Triple full turn R on the spot going R (3), L (&), R (4) 09:00  
5-6 Rock L fw (5), recover onto R (6) 09:00  
7&8 Turn ¼ L stepping L to L side (7), step R next to L (&), step L to L side (8) 06:00

#### **S3 Cross Side, Sailor ½ R Cross, Side Rock, Ball Side Together**

1-2 Cross R over L (1), step L to L side (2) 06:00  
3&4 Cross R behind L (3), turn ¼ R stepping L next to R (&), turn ¼ R crossing R over L 12:00  
5-6 Rock L to L side (5), recover onto R (6) 12:00  
&7-8 Step L next to R (&), step R to R side (7), step L next to R (8) angle your body slightly L 12:00

#### **S4 Vaudeville x2, Heel Switches x2, Step ½ L**

1&2& Cross R over L (1), step L slightly back (&), step R heel to R diagonal (2), step R down (&) 12:00  
3&4 Repeat with L 12:00  
5&6& Step R heel fw (5), step R back to centre (&), step L heel fw (6), step L back to centre (&) 12:00  
7-8 Step R fw, turn ½ L stepping onto L 06:00

### Part B

#### **S1 Jazz Box Cross, Vine R**

1-4 Cross R over L (1), step L back (2), step R to R side (3), cross L over R (4) 12:00  
5-8 Step R to R side (5), cross L behind R (6), step R to R side (7), cross L over R (8) 12:00

#### **S2 Chassé ¼ L, Backwards Rocking Chair, Out Out In In**

1&2 Step R to R side (1), step L next to R (&), turn ¼ L stepping R back (2) 09:00  
3-6 Rock L back (3), recover onto R (4), rock L fw (5), recover onto R (6) 09:00  
&7&8 Step L out (&), step R out (7), step L in (&), step R in (8) 09:00

#### **17-24 Back Rock, Shuffle ½ R, Back Rock, Shuffle ½ L**

1-2 Rock L back (1), recover onto R (2) 09:00  
3&4 Turn ¼ R stepping to L side (3), step R next to L (&), turn ¼ R stepping L back (4) 03:00  
5-6 Rock R back (5), recover onto L (6) 03:00  
7&8 Turn ¼ L stepping R to R side (7), step L next to R (&), turn ¼ L stepping R back 09:00

#### **25-32 Back Rock, Step ¼ R, Ball Slide Collect**

1-2 Rock L back (1), recover onto R (2) 09:00  
3-4 Step L fw (3), turn ¼ R stepping onto R (4) 12:00  
&5-8& Step L next to R (&) step R a big step to R side dragging L tw R (5-8) step L next to R (&) 12:00

### Part C

#### **S1 Rock Step, Out Out, Heel Lifts, Sailor Volta ¼ R**

1-2 Rock R fw (1), recover onto L (2) 12:00  
&3 Step R back and out (&), step L back and out (3) 12:00  
&4 Lift both heels off floor – knees bent (&), set both heels back down (4) (weight L) 12:00  
5&6 Cross R behind L (5), start turning ¼ R stepping L slightly back (&), finish ¼ R crossing R over L (6) 03:00  
&7&8 Turn ¼ R stepping L slightly L (&), cross R over L (7) – repeat for &8 note: small crosses 09:00

#### **S2 Rock Step, Ball Point Body Roll, Sailor ¼ L Cross, Side Switches**

1-2 Rock L fw (1), recover onto R (2) 09:00  
&3-4 Step L next to R (&), point R back (3), body roll from head down (or just step down on R) (4) 09:00  
5&6 Cross L behind R (5), start turning ¼ L stepping R slightly back (&), cross L over R (6) 06:00  
7&8& Point R to R side (7), step R next to L (&), point L to L side (8), step L next to R (8) 06:00

#### **S3 Rock Step, Out Out, Heel Lifts, Sailor Volta ¾ R**

1-8 Repeat counts 1-8 03:00

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**S4 Vaudeville x2, Jazz box ¼ L touch**

1&2& Cross L over R (1), step R slightly back (&), step L heel to L diagonal (2), step L down (&) 03:00

3&4& Repeat with R 03:00

5-8 Cross L over R (5), step R back (6), turn ¼ L stepping L to L side (7), touch R next to L (8) 12:00

**Tag Rocking chair - facing 06:00**

1-4 Rock R fw (1), recover onto L (2), rock R back (3), recover onto L (4) 06:00

**Good luck & enjoy!**

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