

Today Is Friday

32 Count, 2 Wall, Improver Choreographer: Karianne Heimvik and Tom Inge Soenju (NO)

Sep 2019

Choreographed to: Hoy Es Viernes by Chucho Flash

Note: Made as a contra but can of course be danced on lines as well

Intro: 16 counts

Repeating sequence Sequence: Tag/Restart: No tags or restarts

Dance as normal till music ends End:

S1 1 & 2 3 & 4 5 - 6 7 & 8	F R Mambo Step, Coaster Cross, Side-Together, B Shuffle Rock fwd on RF, recover weight onto LF, step back on RF Step back on LF, step RF next to LF, cross LF over RF Step RF to R side, step LF next to RF Step back on RF, step LF next to RF, step back on RF
S2 1 - 2 3 & 4 5 & 6 & 7 & 8 &	Side-Together, L Chasse, Point-¼ Paddle L Turn x4 Step LF to L side, step RF next to LF Step LF to L side, step RF next to LF, step LF to L side Point toes of RF fwd and make a ¼ L turn (F09:00) Point toes of RF fwd and make a ¼ L turn (F06:00) Point toes of RF fwd and make a ¼ L turn (F03:00) Point toes of RF fwd and make a ¼ L turn (F12:00)
S3 1 & 2 3 & 4 5 & 6	Cross-Samba x2 (R/L), Fwd Shuffle x2 (R/L) Cross RF over LF, rock ball of LF to L side, recover weight onto RF Cross LF over RF, rock ball of RF to R side, recover weight onto LF Step fwd on RF, step LF next to RF, step fwd on RF

Optional during C5-8 if you dance contra: High five the people you pass with a big smile :-)

S4	R Cross, ½ R Turn (¼, ¼), Touch, Full L Shuffle Turn
1 - 2	Cross RF over LF, ¼ R turn stepping back onto LF (F03:00)
3 - 4	1/4 R turn stepping fwd on RF, touch LF next to RF (F06:00)
5&	1/4 L turn stepping fwd on LF, step RF next to LF (F09:00)
6&	1/4 L turn stepping fwd on LF, step RF next to LF (F12:00)
7&	1/4 L turn stepping fwd on LF, step RF next to LF (F03:00)
8	1/4 L turn stepping fwd on LF (F06:00)

Step fwd on LF, step RF next to LF, step fwd on LF

Start again and enjoy! Happy Dancing!







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