

Friends

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Count: 64

Wall: 2

Level: Phrased Intermediate

Choreographer: Ambros Sillero – May 2017

Music: "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 - ABBBBb

Part A: 32 counts

A: 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

A: 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

A: ½ TURN TOE STRUT x 2, GRAPVINE 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

A: 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

B: 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

B: 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

B: 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

B: 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

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