

Today is Friday

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Count: 32

Wall: 2

Level: Improver Contra

Choreographer: Karianne Heimvik (NOR), Tom Inge Soenju (NOR), September 2019

Music: "Hoy es Viernes" by Chucho Flash. 2:49, 100 bpm

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

Intro: 16 counts

Sequence: Repeating sequence

Tag/Restart: No tags or restarts

End: Dance as normal till music ends.

Section 1: F R MAMBO STEP, COASTER CROSS, SIDE-TOGETHER, B SHUFFLE

- 1 & 2** Rock fwd on RF, Recover weight onto LF, Step back on RF
- 3 & 4** Step back on LF, Step RF next to LF, Cross LF over RF
- 5 - 6** Step RF to R side, Step LF next to RF
- 7 & 8** Step back on RF, Step LF next to RF, Step back on RF

Section 2: SIDE-TOGETHER, L CHASSÉ, POINT-¼ PADDLE L TURN X4

- 1 - 2** Step LF to L side, Step RF next to LF
- 3 & 4** Step LF to L side, Step RF next to LF, Step LF to L side
- 5 &** Point toes of RF fwd and make a ¼ L turn (F09:00)
- 6 &** Point toes of RF fwd and make a ¼ L turn (F06:00)
- 7 &** Point toes of RF fwd and make a ¼ L turn (F03:00)
- 8 &** Point toes of RF fwd and make a ¼ L turn (F12:00)

Section 3: CROSS-SAMBA X 2 (R/L), FWD SHUFFLE X 2 (R/L)

- 1 & 2** Cross RF over LF, Rock ball of LF to L side, Recover weight onto RF
- 3 & 4** Cross LF over RF, Rock ball of RF to R side, Recover weight onto LF
- 5 & 6** Step fwd on RF, Step LF next to RF, Step fwd on RF
- 7 & 8** Step fwd on LF, Step RF next to LF, Step fwd on LF

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

Section 4: R CROSS, $\frac{1}{2}$ R TURN ($\frac{1}{4}$, $\frac{1}{4}$), TOUCH, FULL L SHUFFLE TURN

1 - 2 Cross RF over LF, $\frac{1}{4}$ R turn stepping back onto LF (F03:00)

3 - 4 $\frac{1}{4}$ R turn stepping fwd on RF, Touch LF next to RF (F06:00)

5 $\frac{1}{4}$ L turn stepping fwd on LF, Step RF next to LF (F09:00)

6 $\frac{1}{4}$ L turn stepping fwd on LF, Step RF next to LF (F12:00)

7 $\frac{1}{4}$ L turn stepping fwd on LF, Step RF next to LF (F03:00)

8 $\frac{1}{4}$ L turn stepping fwd on LF (F06:00)

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact us:

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