

# Buddies

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**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Betty Lee (Canada) May 2016

**Music:** Nan Xiong Nan Di by Camy Tang

## Intro:

**1,2& 3,4&** Clap hands at R upper corner, Clap hands at L upper corner

**5,6& 7,8&** Clap hands at R lower corner, Clap hands at L lower corner

## 1-8(Step R out, Step L out, Step R in, Step L in) X2

**9-16** Repeat 1-8

**1-8** Twist to the R

**9-16** Twist to the L

**1-8** Lean to the R, Swaying hips and arm movements like hitting a drum

**9-16** Lean to the L, Swaying hips and arm movements like hitting a drum

**1-8** Straighten R arm, point & move arm from L to R, change wt. from L to R

**9-16** Straighten L arm, point & move arm from R to L, change wt. from R to L

## Section 1: Step, Scuff, Step, Scuff, Jazz Box/Scuff

**1-4** Step forward R, Brush L heel next to R, Step forward L, Brush R heel next to L

**5-8** Cross R over L, Recover on L, Step R to side, Brush L heel (wt. remains on R)

## Section 2: Back, Touch, Back, Touch, TwistX3, Hold

**1-4** Step back L, Touch R beside L, Step back R, Touch L beside R

**5-8** Swivel heels, toes, heels, traveling to the L, Hold

## Section 3: TwistX3, Flick, Step, Lock, Step, Stomp

**1-4** Swivel heels, toes, heels, traveling to the R, Angle body to R diagonal/Flick L behind

**(option: as you flick, cup your hands under your chin like a flower and look to 12:00 and smile OR throw your arms up in the air)**

**5-8** Step Fwd L (12:00), Lock step R behind, Step L Fwd, Stomp R next to L (wt. remains on L)

## Section 4: Twist down, Twist up, Run ¾ turn L

**1-4** On the spot, swivel heels R,L,R,L as you're lowering and rising your body(wt. ends on L)

**5-8** Run R,L,R,L, making  $\frac{3}{4}$  turn L (3:00)

**Repeat**

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