

Friend Or Foe

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Lisa Wetzler (USA) - February 2025

***1 restart, no tags**

#40 count intro. ~ 20 seconds into song.

(1-8) ¼ R pivot, R cross shuffle, L step to left side, Single Heel bounce, R back rock, recover.

1,2 Step forward on R, turn ¼ left (9:00).

3&4 Cross R over L, step L to left side, cross R over L.

5 Step L to left side.

&6 Raise both heels, recover. End weighted on L.

7,8 Rock back on R, recover forward L.

(9-16) R Step, lock, R lock shuffle, ½ L pivot, L forward shuffle.

1,2 Step forward on R, lock L behind R.

3&4 Step forward R, step L behind R, step forward R

5,6 Step forward L, turn ½ right (3:00). End weighted on R.

7&8 Step forward L, step together R, step forward L. (or replace shuffle with triple right full turn LRL)

(* restart here after wall 9)

(17-24) R side rock, recover, weave, L slide, touch, kick-ball cross.

1,2 Rock R to right side, recover L.

3&4 Cross R behind L, L to left side, cross R over L.

5,6 Slide L to left side, touch R next to L. (angle body toward R diagonal)

7&8 Kick R, step R next to L, cross L over R.

(25-32) ¼ R Monterey, L point, together, ¼ R modified Monterey, R back rock, recover.

1,2 Point R to right side, turn ¼ right stepping on R (6:00).

3, 4 Point L to left side. Step L next to R.

5,6 Point R to right side while bending L knee (on chorus, lift R arm when lyrics say “higher”), turn ¼ right while softly hitching R knee (9:00). (*for intermediate: full R single leg turn clockwise, walk forward RL: see demo)

7,8 Rock back on R, recover forward on L.

ENDING: ¼ R pivot, ½ turn slide R to right side to face 12: 00 again.

Thank you to my wonderful supportive husband, Dusty, for the song recommendation and inspiration!!