

# Best Mates

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

**Choreographer:** Sadiyah Heggernes (Norway) Feb '08

**Music:** 'Let's Talk About Love', Jessie Farrell From CD, 'Country Hits 2007 V.2" (184 bpm)

## **(32 Count Intro) - start on main vocals**

### **Section 1: Toe Strut x 2, Back, Together, Forward, Scuff, Toe Strut x 2, Step, Pivot, Step,**

- 1&            Step right toe back, drop right heel taking weight
- 2&            Step left toe back, drop left heel taking weight
- 3&            Step back on right, step left beside right
- 4&            Step forward on right, scuff left beside right
- 5&            Step left toe forward, drop left heel taking weight
- 6&            Step right toe forward, drop right heel taking weight
- 7&8&        Step forward on left, pivot  $\frac{1}{2}$  turn right ,step forward on left, scuff right beside left (6:00)

### **Section 2: Cross, Scoot, Back, Rock Back, Touch, Hitch, Touch Flick, Shuffle forward**

- 1&2            Cross right over left, hop back on right, (left stays raised behind right), step back on left
- 3-4            Rock back on right, recover on left,
- 5&            Touch right toe to right side, hitch right knee across left & slap with left hand
- 6&            Touch right toe to right side, hook right behind left & slap right foot with left hand
- 7&8            Step forward on right, step left beside right, step forward on right (6:00)

### **Section 3: $\frac{1}{4}$ Turn, Hitch, Cross, Step, $\frac{1}{2}$ Turn, Side, Point , $\frac{1}{4}$ Turn, Step, Hitch, Cross Step, $\frac{1}{2}$ Turn, Side, Point**

**&1-2  $\frac{1}{4}$  turn left, hitching left knee, cross left over right, step right to right side**

**3-4  $\frac{1}{2}$  turn left on ball of right stepping left to left side, point right to side (9:00)**

**&  $\frac{1}{4}$  turn right stepping down on right (12:00)**

5&6            Hitch left knee, step down on left cross right over left (12:00)

**7&8** Step left to left side, ½ turn right on ball of left stepping right to right side, point left to side (6:00)

**Section 4: Back, Heel Switches, Behind, Turn, Walk, Step Heel Swivels, Heel Grind ½ Turn**

**&** Step back on left

**1&** Touch right heel forward, step right beside left

**2&** Touch left heel forward, step left beside right (6:00)

**3&4** Cross right behind right, ¼ turn left, stepping forward left then right

**5&6** Step forward on left, swivel both heels left & back to centre (3:00)

**7-8** Touch right heel forward, turn right heel out making ½ turn right, step back on left (9:00)

**Begin again.**

**(12 Count Tag): After 6th Wall (You will be facing 6:00)**

**Cross Full Turn Unwind, Step Touch x 2**

**1-8** Cross right over left slow full turn unwind left, weight stays on left (6:00)

**1-2** Step forward on right, touch left beside right

**3-4** Step back on left. Touch right beside left

**Start dance from beginning**