

Beautiful Friend

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Count: 32

Wall: 4

Level: Intermediate NC2S

Choreographer: Dave & Pauline Baycroft, Rachael McEnaney , Dee Musk & Shaz Walton

Music: 'Beneath You're Beautiful' - Labyrinth Feat Emeli Sande. (iTunes)

(To Craig on your 30th birthday - from us)

16 Count Intro - Approx 12 seconds - Track approx 4 mins 30 secs BPM 84.

Step L, Step R Twist ½ Turn L, Full Turn R, Full Step Spiral R, Step, Rock Recover.

- 1-3** Step forward on L (1), step forward on R (2), twist ½ turn L (3), (weight back on R).
- 4&** Making a ½ turn R replace weight back on L (4), making a ½ turn R step forward on R (&).
- 5,6** Step forward on L and make a full spiral turn R (5), step forward on R (6).
- 7,8** Rock forward on L (7), recover weight to R (8). (6 o'clock).

Run, Run Sweep, Back Sweep x2, Rock Recover ¼ R, Behind Side, Cross Rock, Side Touch.

- &1** Run back L (&), run back R sweeping L to behind R (1).
- 2,3** Step back L sweeping R to behind L (2), step back R sweeping L to behind R (3).
- 4&5** Rock back on L (4), recover weight to R (&), make a ¼ turn R stepping L to L side (5).
- 6&** Cross step R behind L (6), step L to L side (&).
- 7&** Cross rock R over L (7), replace weight to L (&).
- 8&** Step R to R side (8), touch L toe beside R (&). (9 o'clock).

****Restart from here during wall 4 - begin again facing 6 o'clock wall.**

Side Back Cross, Back Side Cross, Point, Hitch Side, Back Rock Side, Behind ¼ Turn R, ¼ Turn R.

- 1&2** Step L to L side (1), step back on R (&), cross L over R (2).
- &3&** Step back on R (&), step L to L side (3), cross R over L (&).
- 4** Point L toe to L side (4).
- &5** Hitch L knee in towards R (&), step a large step to L side with L (5).
- 6&7** Cross rock R behind L (6), recover weight to L (&), step R to R side (7).

8&1 Cross step L behind R (8), make a $\frac{1}{4}$ turn R stepping forward on R (&), make a $\frac{1}{4}$ turn R stepping L to L side. (3 o'clock).

Prissy Walk R, Prissy Walk L, Step $\frac{3}{4}$, Side Rock, Cross Rock Side, Cross Rock, $\frac{1}{4}$ Turn L.

2,3 Step R slightly across L (2), step L slightly across R (3).

4& Step forward R (4), make a $\frac{3}{4}$ turn L (&) (weight on L facing 6 o'clock).

5& Rock R out to R side (5), recover weight to L (&).

6&7 Cross rock R over L (6), recover weight to L (&), step R to R side (7).

8&aCross rock L over R (8), recover weight to R (&), make a $\frac{1}{4}$ turn L on ball of R (a), to begin again from count 1). (3 o'clock).

***Restart - during wall 4 dance the first 16 counts - begin again facing 6 o'clock wall.**

Contacts: -

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