

BEST OF FRIENDS

Music: Dave Sheriff
www.amazon.com/Best of Dave Sheriff Vol. 1
Track # 1 Time 3:42
Available from choreographer
Rhythm: Rumba Phase: IV+2 (OP Hip Twist+Sweetheart)
Footwork: Opposite except where (Noted)
Release Date: July 19
Choreo: Jos Dierickx Beverloestwg 14b2 3583 Paal Belgium
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Sequence: INTRO AB A C AA(9-16) A(13-16) END



INTRO

OP FCG/M FACE WALL LEAD FOOT FREE START IMMEDIATELY AFTER THE 2^{de} GUITAR STRUM

01-04 OP HIP TWIST FCG to FAN/M SWIVEL ½ LF to TANDEM REVERSE ; ;

2 TURKISH BREAKS/BOTH TURN ½ LF to TANDEM LOD ; ;

{OP Hip Twist to Fcg Fan/M Swivel ½ LF to Reverse Tandem to RLOD LOD} Chk fwd L, rec R, cl L (W bk R, fwd L, fwd L, pushg off M's braced hnd swvl ¼ RF), -; Bk R, rec L trng ¼ LF to LOD, fwd R releasg ld hnds swivel ½ LF (W fwd L, trng LF sd R, cont LF trn bk L) to Reverse Tandem RLOD, -; {2 Turkish Breaks/Both Turn ½ to Tandem LOD} Ck bk L, rec R, sd L to W left sd (W ck fwd R, rec L, sd R), -; Ck bk R, rec L, sd R trng ½ LF (W ch fwd L, rec R, sd L trng ½ LF) to Tandem LOD ;

05-08 2 SWEETHEARTS ; ; BASIC ½ / W SWIVEL ½ ; HOCKEY STICK ENDING ;

{Sweetheart x 2} Chk Fwd L w/ LF bdy trn & look at ptr [xtndg Ms l-arms out to sd & r-arm fwd], rec R, sd L (W Bk R w/ LF bdy trn & look at ptr [xtndg Ws l-arms fwd & r-arm out to sd], rec L, sd R), -; Chk Fwd R w/ RF bdy trn & look at ptr [xtndg Ms r-arm out to sd & l-arm fwd], rec L, sd R (W Bk L w/ RF bdy trn & look at ptr [xtndg Ws l-arm out to sd & r-arm fwd], rec R, sd L), -; {Basic Half/W Swivel ½} Fwd L, rec R, sd L trng ¼ RF (W bk R, rec L, sd & fwd R swivel ½ RF) to L Pos M fcg WALL/W fcg RLOD, -; {Hockey Stick Ending} [w/ ld-hnds] Sm bk R, rec L, long fwd R (W fwd L, fwd R trng sharply 5/8 LF undr jnd ld-hnds, bk L) to LOP-FCG DRW, -;

PART A

01-04 OP HIP TWIST TO A AIDA ; ; SWITCH ROCK TO A FAN ;

{OP Hip Twist to a Aida} Fwd L, rec R, cl L (W bk R, rec L, fwd R with tention to lft-arm to swivel ¼ RF) end L-Shape M fc Wall W fc LOD, -; Xg ld-hnds ovr trl-hnds to LOD thru L, sd R trng LF, bk L contg LF trn to "V" bk to bk pos, -; {Switch Rock Into a Fan} Sd & bk L trng LF to fc ptr, hip rk R, hip rk L (W [QQQQ] sd & bk R trng RF to fc ptr, hip rk L, hip rk R, swivel ¼ RF), -; XRib, cl L, sd R (W fwd L, trng ½ LF sd R, bk L) to Fan Pos, -;

05-08 START STOP & GO INTO A CROSS BODY to BFLY ; ; CHASE w/ UNDERARM PASS ; ;

{Start Stop & Go Into Cross Body} Chk fwd L, rec R raising lft-arm to lead W to a LF underarm turn, sd L fcg wall bringing ld-arm down sharply and placing r-hand on W's bk to an "L" Pos (W [QQQQ] cl R, fwd L, fwd R, trng sharply ½ LF undr jnd hands to fc LOD), -; Bk R comm LF trn to CP, rec L comp LF trn to CP COH, sd R (W fwd L comm LF trn, fwd & sd R to CP cont LF trn to fc ptr, sd L) to BFLY COH, -; {Chase / W Underarm Pass} [relsng trail hnds] Fwd L trng RF ½ keepg ld-hnds jnd w/ palm upwards, rec R, small fwd L (W bk R, rec L, fwd R twd M's lft-sd), -; Bk R raisg ld-hnds, rec L, sd R (W fwd L, fwd R trng ½ LF undr jnd ld-hnds to fc ptr, sd L) to BFLY WALL, -;

09-12 BASIC ½ INTO 3 ALTERNATING UNDERARM TURNS W chng hnds – M chng hnds & W ; ; ; ;

{Basic ½ Into 3 Alternating Underarm Turns W-M-W} Fwd L, rec R, sd L, -; Raisg jnd ld-hnds XRib, rec L, sd R (W trng RF undr jnd ld-hnds fwd L, fwd R cont RF trn to fc ptr, sd L), -; [join tl-hnds] trng RF undr jnd tl-hnds fwd L, fwd R cont RF trn to fc ptr sd L (W XRib, rec L, sd R), -; [join ld-hnds] Repeat meas 10 Part A to BFLY WALL ;

13-16 BACK BREAK to ½ OP LOD ; OP IN & OUT RUNS ; ; SPOT TURN ;

{Bk Break to ½ OP LOD} XLib trng to ¼ LF to OP LOD, rec R, fwd L twd ½ OP LOD, -; {OP in & Out Runs} Fwd R begin RF trn, sd & fwd L Xif of W cont trn, sd & fwd R to ½ LOP LOD w/ free arms out to sd (W Fwd L, R, L), -; Fwd L, R, L (W fwd R begin RF trn, sd & fwd L Xif of M cont trn, fwd & sd R) to ½ OP DLC w/ free arms out to sd, -; {Spot Turn} Relg hnds XRib (W XLif) trng LF, rec L compg full trn, sd R to BFLY WALL [1^{ste} Time: to r-hndshk WALL], -;

