



YOU'RE MY BEST FRIEND

Page 1 of 2
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RECORD	:	MCA P-2765, Don Williams
FOOTWORK	:	Opposite except where indicated (Lady's instructions between brackets)
RHYTHM	:	Foxtrot, RAL Phase IV + 2 [Twenty Ph IV figures + Curved Feather, Hinge]
SEQUENCE	:	Intro-A-B-Bridge-A-B-B-Ending Time 2:43 @ speed 45

MEAS

INTRODUCTION

- 1 - 4 **CP DW WAIT;; FWD HOVER; BK HOVER;**
CP DW wt 2 meas;; [FWD HVR] fwd L,-, fwd R rising, rec L;[BK HVR] bk R,-, bk L rising in bdy, rec R;

PART A

- 1 - 4 **HOVER; FEATHER; OPEN REVERSE TURN; FEATHER FINISH;**
[HVR] Fwd L,-, sd & fwd R rising (sd & bk L & brush R to L), rec L to SCP DC; [FTHR] thru R,-, fwd & sd L to CP, XRIF to BJO DC (thru L trng LF,-, sd & bk R to CP, XLIB to BJO); [OP REV TRN] fwd L trng LF,- cont trn sd R, bk L to CBJO DRW; [FTHR FIN] bk R trng LF,-, sd & fwd L to CP, XRIF to CBJO DW;
- 5 - 8 **THREE-STEP; NATURAL TURN 1/2; CLOSED IMPETUS; FEATHER FINISH;**
[THREE-STEP] Fwd L DW w/ heel ld,-, fwd R DW w/ heel ld rising to toe, fwd L on toe; [NAT TRN] manuv R,-, cont RF trn sd L DW, cont RF trn bk R to CP DRC (bk L startg RF trn, heel trn on L, cl R & cont trn, fwd L); [CL IMP] bk L trng RF, heel trn on L, cl R cont trn, bk L to CP DW (fwd R bet M's ft startg RF trn, fwd & sd L arnd M cont trn & brush R to L, fwd R bet M's ft to CP) ; [FTHR FIN] rpt meas 4 Part A to CBJO DC;
- 9 -12 **TELEMARK SCP; CURVED FEATHER; OUTSIDE CHANGE SCP; CHAIR & SLIP;**
[TELE SCP] Fwd L startg LF trn,-, sd R arnd W cont trn, sd & fwd L to SCP DW (bk R, heel trn on R, cl L & cont trn, sd & fwd R to SCP); [CRVD FTHR] fwd R startg RF crv,-, sd & fwd L crvg sharply, XRIF to CBJO DRW (fwd L,-, sd & bk R, XLIB); [OUTSD CHG] bk L,-, bk R trng LF, sd & fwd L to SCP LOD (fwd R,-, fwd L, sd & fwd R to SCP); [CHAIR & SLP] thru R w/ bent knee,-, rec L, trng LF bk R to CP DC (thru L w/ bent knee,-, rec R swvlg 1/2 LF, fwd L);
- 13-16 **REVERSE TURN 1/2; HOVER CORTE; BK WHISK; WING;**
[REV TRN] Fwd L startg LF trn,-, sd R arnd W cont trn, bk L to CP RLOD (bk R, heel trn on R, cl L & cont trn, fwd R bet M's ft);[HVR CORTE] bk R startg LF trn,-, cont trn sd & bk L w/ hvrg action, rec R to BJO LOD (fwd L startg LF trn,-, cont trn sd R & brush L to R, rec L to BJO); [BK WHISK] bk L,-, bk & sd R DRW, XLIB to SCP DC; [WING] thru R,-, draw L to R to CSCAR DC,- (trng LF fwd L in frnt of M,-, fwd R arnd M, fwd L to CSCAR trng bdy LF);

PART B

- 1 - 4 **REVERSE WAVE;; BK FEATHER; BK THREE-STEP;**
[REV WAVE] Fwd L startg LF trn,-, sd R LOD, bk L DW (bk R, heel trn on R, cl L & cont trn, fwd R bet M' ft); bk R DW, bk L crvg LF, bk R to CP RLOD (fwd L w/ heel ld,-, fwd R w/ heel ld rising to toe, fwd L on toe); [BK FTHR] bk L, bk R w/ R shldr ld, bk L to CBJO RLOD (fwd R bet M's ft,-, fwd & sd L trng head to R, XRIF outsd M); [BK THREE-STEP] bk R,-, bk L, bk R (trng head bk to L fwd L w/ heel ld,-, fwd R w/ heel ld rising to toe to CP, fwd L on toe);

- 5 - 8 **BK FEATHER; FEATHER FINISH; THREE-STEP; OPEN NATURAL;**
[BK FTHR] Rpt meas 3 Part B; [FTHR FIN] rpt meas 4 Part A; [THREE-STEP] rpt meas 5 Part A; [OP NAT] manuv R,-, cont RF trn sd & fwd L DW , cont RF trn bk R DW w/ R shldr ld to BJO DRC (bk L trng RF,-, bk & sd R cont trn, fwd L to BJO);
- 9 -12 **IMPETUS SCP; PROMENADE WEAVE;; CHANGE OF DIRECTION;**
[IMP SCP] Bk L, heel trn on L, cl R cont trn, fwd & sd L to SCP DC (fwd R pvtg 1/2 RF,-, cont RF pvt sd & fwd L & brush R to L, fwd R to SCP); [PROM WEV] fwd R,-, fwd L to CP, trng LF sd R to CBJO DRC (fwd L startg LF trn,-, cont trn fwd & sd R to CP, rec L to CBJO); bk L DW, trng LF bk R to CP WALL, cont trn sd L, XRIF to BJO DW (fwd R, fwd L trng LF to CP, sd R, XLIB); [CHG OF DIR]fwd L,-, fwd R & swvl LF on R, draw L to CP DC;
- 13-16 **DIAMOND TURN;;;;**
Full LF trn ovr next 2 meas fwd L,-, sd R, bk L to BJO DRC; bk R,-, sd L, fwd R to BJO DRW; rpt meas 13 Part B to BJO DW; rpt meas 14 Part B to DC;

BRIDGE

- 1 - 2 **FWD HOVER; BK TURNING HOVER;**
[FWD HVR] Rpt meas 3 Intro in BJO DC; [BK TRNG HVR] bk R DRW,-, trng RF bk L (trng RF fwd R bet M's ft), rec R to CP DW;

ENDING

- 1 - 2 **FWD HOVER; BK TO A HINGE;**
[FWD HVR] Rpt meas 3 Intro CP DC; [BK TO HINGE] bk R,-, bk & sd L lowrg into L knee, trn bdy LF & look at W (fwd L,-, sd & fwd R swvl LF, XLIB & sit w/ R ft ptd thru to DW head to L);

SHORT CUES (SEQUENCE = A - B - BRIDGE - A - B - B - ENDING)

INTRO: CP DW, WAIT 2;; FWD HOVER; BACK HOVER;

PART A: HOVER TO SCP; FEATHER; OPEN REVERSE TURN; FEATHER FINISH;
THREE-STEP; NATURAL TURN 1/2; CLOSED IMPETUS; FEATHER FINISH;
TELEMARK TO SCP; CURVD FEATHER; OUTSIDE CHG TO SCP; CHAIR & SLIP;
REVERSE TURN 1/2; HOVER CORTE; BACK WHISK; WING;

PART B: REVERSE WAVE;; BACK FEATHER; BACK THREE-STEP;
BACK FEATHER; FEATHER FINISH; THREE-STEP; OPEN NATURAL;
IMPETUS SCP; PROMENADE WEAVE;; CHANGE OF DIRECTION;
DIAMOND TURN;;;;

BRIDGE: FWD HOVER; BACK TURNING HOVER;

ENDING: FWD HOVER; BACK TO HINGE;