



FORGIVE ME FRIEND



Niveau :

Chorégraphe : Helena Jeppsson (SWE) - January 2019

Musique : Forgive Me Friend - Smith & Thell

Temps : 32 comptes, 4 murs - restarts

SECTION 1 1-8 SYNCOPATED SIDE ROCKS, L SAILOR STEP, CROSS, UNWIND ½ R

- 1, 2 Rock RF to R side, recover weight onto LF
- &3, 4 Step RF beside LF, rock LF to L side, recover weight onto RF
- 5&6 Step LF behind RF, step RF to right side, step LF in place
- 7, 8 Cross RF behind LF, unwind ½ turn R (weight end on RF facing 6.00))

SECTION 2 9-16 CROSS ROCK X2, CROSS, SIDE, ¼ TURN L COASTER STEP

- 1, 2 Cross rock LF over RF, recover weight onto RF
- &3, 4 Step LF to L side, cross rock RF over LF, recover weight onto LF
- &5, 6 Step RF to R side, step LF in front of RF, step RF to R side
- 7&8 Make a ¼ turn L stepping back on LF, step RF beside LF, step fwd on LF (facing 3.00)

SECTION 3 17-24 FWD SHUFFLE, ¼ TURN R SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE

- 1&2 Step fwd on RF, step LF beside RF, step fwd on RF
- 3&4 Make a ¼ turn R stepping LF to L side, step RF beside LF, step LF to L side (facing 6.00)
- 5, 6 Rock RF back, recover weight onto LF
- 7&8 Step RF to R side, step LF beside RF, step RF to R side

SECTION 4 25-32 ½ TURN L SIDE SHUFFLE, JAZZ BOX, ¾ TURN L

- 1&2 Make a ½ turn L stepping LF to L side, step RF beside LF, step LF to L side (facing 12.00)
- 3, 4 Cross RF over LF, step back on LF
- 5, 6 Step RF to R side, cross LF over RF

RESTART: At wall 9 and 10 restart happens here facing front wall both times

- 7, 8 Make a ¼ turn L stepping back on RF, make a ½ turn L stepping fwd on LF (end facing 3.00)

RECOMMENCER AU DEBUT