

MY FRIEND

Count: 32 Walls: 4 LEVEL: Low intermediate
Music: My Friend, Simon Gallaher
Album: All In Good Time
Choreographer: Glenda Silver (Dec 2016)
Restart: Wall 4 with Tag, Wall 8 both facing 6.00 o'clock wall.
Intro: 34 beats on piano before vocals.

STEP SWEEP, STEP SWEEP, R COASTER STEP

1&2&3&4- Step R forward, Sweep L from back to front, step forward L, sweep R from back to front R
coaster step forward R (step R forward, tog with L, step R back).

STEP BACK SWEEP, STEP BACK SWEEP, 1/4 SAILOR L.

5&6&7&8- Step back on L, sweep R from front to back, step R back sweep L from front to back , 1/4
sailor L, step L behind R, 1/4 L, (step L to side, replace weight onto R, step L to side).

FORWARD COASTER, BACK COASTER**

1&2 3&4- Step R forward, L beside R, step back R, step back L, R beside L, step L forward**.

ROCK FORWARD R, 1/2 TURN R SHUFFLE.*

5 6 7&8&- Rock R forward, replace onto L, turn 1/2 R, shuffle forward R L R, stepping L beside R (&)*.

ROCK R SIDE, REPLACE, BEHIND SIDE CROSS R. ROCK L SIDE , REPLACE, BEHIND SIDE CROSS L.

1 2 3&4- Rock R to side, replace onto L weight on L, step R behind L step side L, cross R over L

5 6 7&8-Rock L to side, replace onto R weight on R, step L behind R step side R, cross L over R.

ROCK SIDE R, REPLACE, 1/4, SAILOR R.

1 2 3&4- Rock R to side, replace with weight on L, step R behind L turning 1/4 R, L to side, replace onto
R.

ROCK L TO SIDE, REPLACE R, BEHIND L, 1/4 R SHUFFLE, L BESIDE R.

5&6, 7&8 & - Rock onto side L, replace stepping R to side (&), L behind R, 1/4 R shuffle R L R, stepping
L beside R (&).

RESTART: Wall 4,* dance to beat 16&. Add tag

TAG: 1&2, 3&4. (Quick rock & cross, rock & cross). Rock side R replace onto L and cross R over L
(weight on R)Rock side L replace onto R and cross L over R (weight on L) , restart facing 6.00 clock wall,
now becomes wall 5.

RESTART: Wall 8 **facing 6.00, after beat 12 (coaster steps), now becomes wall 9.

FINISH: Dance first 8 beats, you will be facing front, replacing 1/4 sailor step L, with a L coaster step
back, step forward onto R and drag L up to R. Ending facing front.