

# Be Your Friend

Choreographed by:  
Jannie Tofte Andersen (DK) - [jannietofte@gmail.com](mailto:jannietofte@gmail.com)

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Type of dance:	Phrased, 2 walls, advanced line dance. A:32, B: 32, C: 32
Phrasing:	A, B, A, A, C, TAG, A, B, A, A, C, C
Music:	'Be Your Friend' by Vigiland ft. Alexander Tidebrink. Buy on iTunes.
Intro:	16 counts intro (app. 7 seconds). Starts on singing
Note:	All directions will be with starting point 12:00 WDM 2019 Advanced Non-Country Choreography Winner

## PART A

Counts	Footwork	End facing
<b>1-8</b>	<b>Cross side, Sailor step, Cross side, Sailor ¼ L</b>	
1-2	Cross R over L (1), step L to L side (2)	12:00
3&4	Cross R behind L (3), step L to L side (&), step R ( <i>slightly diagonally</i> ) to R side(4)	12:00
5-6	Cross L over R (5), step R to R side (6)	12:00
7&8	Cross L behind R (7), start turning ¼ L stepping R to R side (&), finish ¼ L stepping L fw	09:00
<b>9-16</b>	<b>Rock step, Triple full R, Rock step, Chassé ¼ L</b>	
1-2	Rock R fw (1), recover onto L (2)	09:00
3&4	Triple full turn R on the spot going R (3), L (&), R (4)	09:00
5-6	Rock L fw (5), recover onto R (6)	09:00
7&8	Turn ¼ L stepping L to L side (7), step R next to L (&), step L to L side (8)	06:00
<b>17-24</b>	<b>Cross side, Sailor ½ R cross, Side rock, Ball side together</b>	
1-2	Cross R over L (1), step L to L side (2)	06:00
3&4	Cross R behind L (3), turn ¼ R stepping L next to R (&), turn ¼ R crossing R over L	12:00
5-6	Rock L to L side (5), recover onto R (6)	12:00
&7-8	Step L next to R (&), step R to R side (7), step L next to R (8) <i>angle your body slightly L</i>	12:00
<b>25-32</b>	<b>Vaudeville x2, Heel switches x2, Step ½ L</b>	
1&2&	Cross R over L (1), step L slightly back (&), step R heel to R diagonal (2), step R down (&)	12:00
3&4&	Repeat with L	12:00
5&6&	Step R heel fw (5), step R back to center (&), step L heel fw (6), step L back to center (&)	12:00
7-8	Step R fw, turn ½ L stepping onto L	06:00

## PART B

<b>1-8</b>	<b>Jazz box cross, Vine R</b>	
1-4	Cross R over L (1), step L back (2), step R to R side (3), cross L over R (4)	12:00
5-8	Step R to R side (5), cross L behind R (6), step R to R side (7), cross L over R (8)	12:00
<b>9-16</b>	<b>Chassé ¼ L, Backwards rocking chair, Out out in in</b>	
1&2	Step R to R side (1), step L next to R (&), turn ¼ L stepping R back (2)	09:00
3-6	Rock L back (3), recover onto R (4), rock L fw (5), recover onto R (6)	09:00
&7&8	Step L out (&), step R out (7), step L in (&), step R in (8)	09:00
<b>17-24</b>	<b>Back rock, Shuffle ½ R, Back rock, Shuffle ½ L</b>	
1-2	Rock L back (1), recover onto R (2)	09:00
3&4	Turn ¼ R stepping to L side (3), step R next to L (&), turn ¼ R stepping L back (4)	03:00
5-6	Rock R back (5), recover onto L (6)	03:00

7&8	Turn ¼ L stepping R to R side (7), step L next to R (&), turn ¼ L stepping R back	09:00
<b>25-32</b>	<b>Back rock, Step ¼ R, Ball slide collect</b>	
1-2	Rock L back (1), recover onto R (2)	09:00
3-4	Step L fw (3), turn ¼ R stepping onto R (4)	12:00
&5-8&	Step L next to R (&) step R a big step to R side dragging L tw R (5-8) step L nex to R (&)	12:00

**PART C**

<b>1-8</b>	<b>Rock step, Out out, Heel lifts, Sailor Volta ¾ R</b>	
1-2	Rock R fw (1), recover onto L (2)	12:00
&3	Step R back and out (&), step L back and out (3)	12:00
&4	Lift both heels off floor – knees bent (&), set both heels back down (4) ( <i>weight L</i> )	12:00
5&6	Cross R behind L(5), start turning ¼ R stepping L slightly back (&), finish ¼ R crossing R over L (6)	03:00
&7&8	Turn ¼ R stepping L slightly L (&), cross R over L (7) – repeat for &8 <i>note: small crosses</i>	09:00
<b>9-16</b>	<b>Rock step, Ball point body roll, Sailor ¼ L cross, Side switches</b>	
1-2	Rock L fw (1), recover onto R (2)	09:00
&3-4	Step L next to R (&), point R back (3), body roll from head down (or just step down on R) (4)	09:00
5&6	Cross L behind R (5), start turning ¼ L stepping R slightly back (&), cross L over R (6)	06:00
7&8&	Point R to R side (7), step R next to L (&), point L to L side (8), step L next to R (8)	06:00
<b>17-24</b>	<b>Rock step, Out out, Heel lifts, Sailor Volta ¾ R</b>	
1-8	Repeat counts 1-8	03:00
<b>25-32</b>	<b>Vaudeville x2, Jazz box ¼ L touch</b>	
1&2&	Cross L over R (1), step R slightly back (&), step L heel to L diagonal (2), step L down (&)	03:00
3&4&	Repeat with R	03:00
5-8	Cross L over R (5), step R back (6), turn ¼ L stepping L to L side (7), touch R next to L (8)	12:00

<b>Tag</b>	<b>Rocking chair - facing 06:00</b>	
1-4	Rock R fw (1), recover onto L (2), rock R back (3), recover onto L (4)	06:00

**Good luck & enjoy!**