

Friends For Ten



Choreographed by: Alan & Barbara Heighway, Gaye Teather & Nigel Payne (UK) July 06
Music: **A Friend In Need** by **Dave Sheriff** (CD: Overworked and Unpaid – 126 BPM)
Type: 4 wall, 32 counts
Level: Beginner/Intermediate

NOTES: 16 count intro

RIGHT SHUFFLE FORWARD, ROCK FORWARD,. SHUFFLE ½ TURN LEFT X 2

1 & 2 Step right forward, step left beside right, step right forward.
3 – 4 Rock left forward, recover onto right.
5 & 6 Shuffle ½ turn left stepping left, right, left. [6:00]
7 & 8 Shuffle ½ turn left stepping left, right, left. [12:00]

Note: *Steps 5 - 8 travel backwards and can be replaced with two shuffles back omitting the turns.*

ROCK BACK, KICK BALL CHANGE X 2, STOMP FORWARD, HOLD & CLAP

1 – 2 Rock left back, recover onto right.
3 & 4 Kick left forward, step left beside right, step right in place.
5 & 6 Kick left forward, step left beside right, step right in place.
7 – 8 Stomp left forward, hold & clap.

RIGHT CHASSE, ¼ TURN LEFT CHASSE, CROSS, SIDE, SAILOR STEP

1 & 2 Step right to right side, step left beside right, sep right to right side.
3 & 4 Turn ¼ to left stepping left to left side, step right beside left, step left to left side. [9:00]
5 – 6 Cross right over left, step left to left side.
7 & 8 Cross right behind left, step left to left side, step right to right side.

CROSS, SIDE, BEHIND, POINT, CROSS, ½ TURN RIGHT, STOMP

1 – 4 Cross left over right, step right to right side, cross left behind right, point right toe to right.
5 – 8 Cross right over left, turn ¼ to right stepping left back, turn ¼ right stepping right to right side, stomp left beside right. [3:00]

Start again!