

You've Got A Friend

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Music: You've Got A Friend
Album: Love and Marriage
Artist: Ballroom Orchestra and Singers | Dancelife
Avail for download from Amazon (as downloaded 3:00)
Slowed down from 28 MPM to 25 MPM playtime 3:07

Footwork: Opposite except where noted
Rhythm/Phase: Rumba Phase 4+2 (Cuddle, Open Hip Twist)
Sequence: Intro - A - B - A - B MOD - END
Released: December 2023

INTRO

- 1-4 WAIT HANDS LOW LEFT OVER RIGHT LEAD FEET FREE ;;
CROSS HAND CIRCLE WALK 6 ; TURN LADY UNDER LEFT LEAD HANDS LOW ;**
- 1-2** Wait ;; Facing WALL hands stacked L over R
- 3-4** {Circle walk 6 turn lady under L Ld hands low} With stacked hands circle clockwise fwd L, R, L COH,-; Fwd R raise L hnd ldng ldy to go under, fwd L raise R hnd ldng ldy to trn under LF, sd R jn ld hnds (W fwd R , fwd L, fwd R,-; Fwd L under jnd L hnds, fwd R comm LF trn under jnd R hnds, sd L continue LF trn to fc partner & COH) ,;-; LOP WALL

PART A

- 1-8 ALEMANA TO BUTTERFLY ; ; SHOULDER TO SHOULDER ; SPOT TURN ;
CRABWALK 3; LADY CIRCLE WALK 3 MEN UNWIND & SIDE TO FACE ;
CRABWALK 3; LADY CIRCLE WALK 3 MEN UNWIND & SIDE TO FACE;**
- 1-2** {Alemana to BFLY} Fwd L, rec R, cl L raise L hands to sd (W bk R, rec L, fwd R),-; Bk R lead W under ld hnds, rec L to fc wall, sd R (W fwd L DC under ld hnds swiv RF ½, fwd R DRW trng RF, sd L) BFLY WALL ,;-;
- 3** {Sh to Sh} Fwd L outsd ptr, rec R, sd L trn to BFLY WALL , -;
- 4** {Spot Turn} Fwd & across R turning LF 1/2, rec L cont to face partner, sd R , -; BFLY WALL
- 5** {To RLOD Crabwalk 3} XLif, sd R, XLif, -;
- 6** {Ldy Cir Walk 3 M Unwind & SD to FC} Lift joined ld hnds high and
--S unwind RF,, sd R to BFLY COH (W fwd L as start RF circular walk unwinding the
(W QQS) M, fwd R, fwd L swvl RF to fc ptr in BFLY),;
- 7** {To LOD Crabwalk 3} XLif, sd R, XLif, -;
- 8** {Ldy Cir Walk 3 M Unwind & SD to FC & SIDE TO FC} Lift joined ld hnds high and unwind RF,, sd R to BFLY WALL (W fwd L as start RF circular walk unwinding the M, fwd R, fwd L swvl RF to fc ptr in BFLY),;

9-16 START A CROSSBODY ; INTERRUPT WITH 2 SLOW CROSS SWIVELS ; FINISH THE CROSSBODY ; NEW YORKER ; UNDERARM TURN TO LOOSE CP ; START A CROSSBODY ; INTERRUPT WITH 2 SLOW CROSS SWIVELS ; FINISH THE CROSSBODY TO HANDSHAKE ;

- 9 {Start a X-body} Fwd L, rec R trng LF 1/4 , sd L (W bk R, rec L, fwd R) to "L" shaped loose CP pos M fcg LOD & W fcg COH,-;
- 10 {Interrupt w/2 sl X-swivels} Rk sd R trng body slightly LF,-, rk sd L trng body slightly RF (W fwd L swvl LF 1/2 ,-, fwd R swvl RF 1/2) still in "L" shaped pos M fc LOD & W fc COH,-;
- 11 {Finish the X-body} Bk R, rec L trn LF 1/4 , sd R (W fwd L, fwd R trng LF 1/2 , sd L,-) CP/COH,-;
- 12 {New Yorker} Trng RF to LOP RLOD rk fwd L, rec R trng LF, sd L raising jnd ld hnds,-;
- 13 {Underarm trn to loose CP} Stp bk R, rec L, sd R (W stp L fwd & acrs R twd LOD trng RF undr jnd ld hnds, rec R cont RF trn to fc M, sd L) to CP WALL,-;
- 14 {Start a X-body} Fwd L, rec R trng LF 1/4 , sd L (W bk R, rec L, fwd R) to "L" shaped loose CP pos M fcg RLOD & W fcg WALL,-;
- 15 {Interrupt w/2 sl X-swivels} Rk sd R trng body slightly LF,-, rk sd L trng body slightly RF (W fwd L swvl LF 1/2 ,-, fwd R swvl RF 1/2) still in "L" shaped pos M fc RLOD & W fc WALL,-;
- 16 {Finish the X-body to Hndsk} Bk R, rec L trn LF 1/4 , sd R (W fwd L, fwd R trng LF 1/2 ,sd L) LOP Hndsk WALL,-;

PART B

1-8 TRADE PLACES TO VAR RLOD ; WHEEL 3 HANG ON TURN LADY UNDER RIGHT ; CROSS HAND CIRCLE WALK 6 TURN LADY UNDER LEFT MEN FACE WALL ; JOIN LEAD HANDS ; HALF BASIC TO 3 ALTERNATING UNDERARM TURNS ; FIRST LADY TURN ; TRAIL HANDS MEN TURN ; LEAD HANDS LADY TURN TO LOOSE CP ;

- 1 {Trade Places to vars RLOD} Jn R hnds rk apt L, rec fwd R, leading W fwd past M's R sd stp fwd L twd WALL trng 1/4 RF (W LF) blend to VARS RLOD,-;
- 2 {Wheel 3 hang on trn ldy undr R} Whl 1/2 RF fwd R,L,R (W Bk L, bk R trng 1/8 RF under jned L hnds, sd L cont trng RF 1/8 to fc M) hnds stacked L over R WALL,-;
- 3-4 {X-hand Circle walk 6 turn lady under L Ld hands low} With stacked hnds circle clockwise FWD L, R, L COH,-; Fwd R raise L hnd ldng ldy to go under, fwd L raise R hnd ldng ldy to trn under LF, sd R jn ld hands (W fwd R , fwd L, fwd R,-; Fwd L under jnd L hnds, fwd R comm LF trn under jnd R hnds, sd L continue LF trn to fc partner & COH) ,-; LOP WALL
- 5 {½ Basic to 3 alternating u/arm trns} Rk fwd twd WALL L, rec R, sd L raising jnd ld hnds,-;
- 6 {First ldy trn} Rk bk R, rec L, sd R (W stp L fwd & acrs R twd LOD trng RF undr jnd ld hnds, rec R cont RF trn to fc M, sd L) changing hnd hold to a high M's R & W's L,-;
- 7 {Tr hnds M trn} Stp L fwd & acrs R twd RLOD trng RF undr jnd M's R & W's L hnds, rec R cont RF trn to fc W, sd L (W rk bk R, rec L, sd R) changing hnd hold to a high M's L & W's R,-;

- 8 **{Ld hnds ldy trn to CP}** Stp bk R, rec L, sd R (W stp L fwd & acrs R twd LOD trng RF undr jnd ld hnds, rec R cont RF trn to fc M, sd L) to CP WALL ,;-;
- 9-18 **CUDDLE TWICE TO RIGHT HANDSHAKE ; ; TRADE PLACES THIS TIME TO SHADOW RLOD ; WHEEL 3 FACE LOD ; RUMBA WALK 3 ; SPOT TURN TO FACE LEAD HANDS LOW ; OPEN HIP TWIST ; FAN ; START HOCKEY STICK TO TANDEM ; HIP ROCK 3 SEND HER BACK TO FAN ;**
- 9-10 **{Cuddle 2X to hndshk}** Slight RF body trn to lead W out sd L sweep L arm to sd, rec R, cl L both arms around W on back (W trn RF 3/8 bk R sweep R arm out, rec L trng LF, fwd R right hand to M's shoulder) ,- ; Slight LF body trn to lead W out sd R extend R arm to sd to L ½ OP, rec L, cl R (W trn LF ½ bk L sweep L arm out, rec R trng RF, sd L) HNDSHK WALL ,-;
- 11 **{Trade places to SHDW RLOD}** Jn R hnds rk apt L, rec fwd R, leading W fwd past M's R sd stp fwd L twd WALL trng 1/4 RF (W LF) rel hnds and blend to SHDW RLOD ,-;
- 12 **{Wheel 3 fc LOD}** In SHDW whl 1/2 RF stepping fwd R,L,R (W whl bk L,R,L) to SHDW LOD ,-;
- 13 **{Rumba walk 3}** In SHDW LOD fwd L, R, L ,-;
- 14 **{Spot turn to fc join ld hnds}** Fwd R trng LF, rec L cont LF trn to fc W, sm sd R (W fwd L trng RF, rec R cont RF trn to fc M, sd L) Ld hnds jnd WALL ,-;
- 15-16 **{Open Hip Twist to Fan}** Fwd L, rec R, cl L lead W to trn RF, - (W bk R, rec L, fwd R, swiv RF fc LOD) ; Bk R, rec L, sd R, (W fwd L LOD, fwd R trn LF, bk L to LOD extend L arm sd) ;
- 17 **{Start Hockey Stick to Tandem}** Fwd L, rec R, releasing jnd ld hnds cl L to R and check W on her R hip with M's R hnd (W cl R to L, fwd L, fwd R trng LF to face wall) to both face wall in tandem, -;
- 18 **{Hip Rock 3 send her back to Fan}** Move through hips rk sd R , rk sd L, rk sd R with M's R hnd on W's R hip ld her bk to fan (W move through hips rk sd L, rk sd R, rk bk & sd L RF trn ¼ to fan pos) ,-;

REPEAT PART A

PART B MOD 1 – 14

REPEAT MEASURES 1-14

- 15-16 **OPEN HIP TWIST OVERTURNED TO TANDEM ; HIP ROCK 3 TO FAN ;**
- 15 **{Open hip twist overturned to tandem}** LOP-FCG Pos/WALL fwd L, rec R, cl L lead W swivel RF 1/2 (W bk R, rec L, fwd R swiveling RF 1/2 to fc WALL, -) end in tandem bth fcg WALL ;
- 16 **{Hip Rock 3 to Fan}** Move through hips rk sd R , rk sd L, rk sd R with M's R hnd on W's R hip ld her bk to fan (W move through hips rk sd L, rk sd R, rk bk & sd L RF trn ¼ to fan pos) ,-;

END

- 1-6 **ALEMANA ; TO BFLY; SHOULDER TO SHOULDER ; OUTSIDE TURN BOTH FACE WALL AND LUNGE APART WITH ARM SWEEP ;**
- 1-2 **{Alemana}** Fwd L, rec R, cl L raise L hnds to sd (W cl R, fwd L, fwd R trng

- RF fc M) , -; Bk R lead W under lead hands, sm sd L to fc wall, cl R leading W to M's R side (W fwd L DLC under lead hands swiv RF ½, fwd R DRW trng RF, sd L), -;
- 3 {Sh to Sh} Fwd L outsd ptr, rec R, sd L trn to BFLY WALL , -;
- 4 QQS {Outside trn both face wall & Lunge} Ld W to turn RF ½ under lead hands Bk R, rec L, sd lunge R with Trail arm sweep (W L fwd & Across Turning RF ½ under M's ld arm, cl R, sd Lunge L with trail arm sweep) LOP lunge WALL , -;

HEADCUES

INTRO

WAIT HANDS LOW LEFT OVER RIGHT LEAD FEET FREE ;;

CROSS HAND CIRCLE WALK 6 ; TURN LADY UNDER LEFT LEAD HANDS LOW ;

PART A

ALEMANA TO BUTTERFLY ; ; SHOULDER TO SHOULDER ; SPOT TURN ; RLOD

CRABWALK 3 ; LADY CIRCLE WALK M UNWIND AND SIDE TO BFY ; LOD

CRABWALK 3 ; LADY CIRCLE WALK M UNWIND AND SIDE TO BFY ; START A

CROSSBODY ; INTERRUPT WITH 2 SLOW CROSS SWIVELS ; FINISH THE

CROSSBODY ; NEW YORKER ; UNDERARM TURN TO LOOSE CP ; START A

CROSSBODY ; INTERRUPT WITH 2 SLOW CROSS SWIVELS ; FINISH THE

CROSSBODY TO HANDSHAKE ;

PART B

TRADE PLACES TO VAR RLOD ; WHEEL 3 HANG ON TURN LADY UNDER

RIGHT ; X-HAND CIRCLE WALK 6 TURN LADY UNDER LEFT MEN FACE WALL ;

JOIN LEAD HANDS ; ½ BASIC TO 3 ALTERNATING UNDERARM TURNS ; FIRST

LADY TURN ; TRAIL HANDS MEN TURN ; LEAD HANDS LADY TURN TO LOOSE

CP ; CUDDLE TWICE TO RIGHT HANDSHAKE ; ; TRADE PLACES THIS TIME

TO SHADOW RLOD ; WHEEL 3 FACE LOD ; RUMBA WALK 3 ; SPOT TURN TO

FACE LEAD HANDS LOW ; OPEN HIP TWIST ; FAN ; START HOCKEY STICK TO

TANDEM ; HIP ROCK 3 SEND HER BACK TO FAN ;

REPEAT PART A

PART B MOD MEASURES 1-14 OPEN HIP TWIST OVERTURNED TO TANDEM ;

HIP ROCK 3 TO FAN ;

END

**ALEMANA ; TO BFLY; SHOULDER TO SHOULDER ; OUTSIDE TURN BOTH FACE
WALL LUNGE APART AND ARM SWEEP;**