My Friend

Choreographers: Angela Thaler & Paul Ferstl

~Official GOLD competition dance 2024 - 2025~

Type of dance: 32 Count, Polka – Partner Dance
Level: Partner Starter
Music: *"A Friend In Need"* by Dave Sheriff (Pitched down to 115bpm)
Intro: 16 counts from first beat in music (app. 9 seconds into track)
Starting position: Side by Side Sweetheart Position facing LOD

Counts	Footwork	End facing
1 – 8	**L: Shuffle, Shuffle ½ Turn L, Shuffle Back 2x** **F: Shuffle 3x, Shuffle ½ Turn L**	
1&2	L: Step L forward (1), Step R next to L (&), Step L forward *(release right hand)* (2)	LOD
	F: Step L forward (1), Step R next to L (&), Step L forward (2)	LOD
3&4	L: Turn ¼ L stepping R to R side (3), Step L next to R (&), Turn ¼ L stepping R back *(Leader and Followers L palm together)* (4)	RLOD
	F: Step R forward (3), Step L next to R (&), Step R forward (4)	LOD
5&6	L: Step L back (5), Step R next to L (&), Step L back (6)	RLOD
	F: Step L forward (5), Step R next to L (&), Step L forward (6)	LOD
7&8	L: Step R back (7), Step L next to R (&), Step R back (8) *(L hand over followers head in to reverse sweetheart position (7&8))*	RLOD
	F: Turn ¼ L stepping R to R side (7), Step L next to R (&), Turn ¼ L stepping R back (8)	RLOD
9-16	**L: Back 2x, Shuffle ½ Turn R, Walk 2x, Shuffle** **F: Back 2x, Shuffle ½ Turn R, ½ Pivot Turn 2x**	
1 – 2	L & F: Step L back (1), Step R back (2)	RLOD
3&4	L & F: Turn ¼ L stepping R to R side (3), Step L next to R (&), Turn ¼ stepping R forward *(Release left hands)* (4)	LOD
5 – 6	L: Step R forward (5), Step L forward (6)	LOD
	F: Turn ½ L stepping R back (5), Turn ½ L stepping L forward (6) *R hand over followers head (5-6)*	LOD
7&8	L & F: Step R forward (7), Step L next to R (&), Step R forward (8) *(Hands back to sweetheart position)*	LOD
17 – 24	**L & F: Rock Step, Coaster Step, Rock Step Shuffle ½ Turn R**	
1 – 2	L & F: Rock Step L forward (1), Recover on R (2)	LOD
3&4	L & F: Step L back (3), Step R next to L (&), Step L forward (4)	LOD
5 – 6	L & F: Rock Step R forward (5), Recover on L (6)	LOD
7&8	L & F: Turn ¼ R stepping R to R side (7), Step L next to R (&), Turn ¼ R stepping R forward *(Release L hand)* (8)	RLOD
25 - 32	**L & F: ½ Step Turn R, Heel, Hook, Cross, Flick**	
1 – 2	L & F: Step L forward (1), Turn ½ R stepping R forward (2) *(Hands back to Sweetheart)*	LOD
3 – 4	L & F: Touch L heel forward (3), Hook L in front of R (4)	LOD
5 – 6	L & F: Cross L over R (5), Point R to R side (6)	LOD
7 – 8	L & F: Cross R over L (7), Flick L back (8)	LOD