

Best of Friends

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Choreographed: 2009
 Version 1.3 2025
 (1.2 arm extension at end made optional,
 adjustment to sequence naming,
 no changes of steps or sequence of steps)
 1.3 correction of directions of A measure 5-6

Website: <http://sunburst.lima-city.de/html/rdance.html>
 Music: Best of Friends, Dancelife, CD: Cartoon Songs, Casa Musica, Length: 2:19
 Rhythm: Foxtrot (Slow Fox)
 Phase: IV Degree of Difficulty: Easy
 Footwork: Opposite unless indicated (W's footwork in parentheses and grey background)
 Sequence: Intro AA Bridge B Bmod Amod Bridge Endg

INTRODUCTION

1-4 **Wait 2; Step Tog & Tch; Dip Bk & Hold; Rec & Tch;**

1 {Wait} In OP FCG M fc LOD trail feet free wait 1 measure;
 SS 2 {Step tog & tch} Step tog R to CP/LOD, -, tch L to R, -;
 S - 3 {Dip Bk & Hold} Bk L, -, hold, -;
 SS 4 {Rec & Tch} Rec R, -, tch L to R, -;

5-6 **4 Sd Tchs;;**

QQQQ 5-6 {4 Sd Tchs} Sd L, tch R to L, sd R, tch L to R;
 QQQQ Sd L, tch R to L, sd R, tch L to R;

PART A

1-4 **Threestep; Feather; Threestep; Feather**

SQQ; 1 {Threestep} In CP LOD fwd L, -, fwd R, fwd L;
 SQQ; 2 {Feather} Fwd R, -, fwd L, fwd R outsd ptr to BJO;
 SQQ; 3 {Threestep} Fwd L to CP/LOD, -, fwd R, fwd L;
 SQQ; 4 {Feather} Fwd R, -, fwd L, fwd R outsd ptr to BJO;

4-8 **Reverse Turn;; Qk Quarter Diamond Trn in 4; Dip Bk & Rec (CP/LOD);**

SQQ; SQQ; 5-6 {Reverse Turn} Fwd L DLC comm LF trn, -, sd & arnd R cont LF trn (W: cl L to R heel trn), bk L complete 3/8 LF trn; Bk R DLC cont LF trn, -, sd & fwd L cont LF trn to DLW, fwd R outside ptr to BJO;
 QQQQ; 7 {Quick Quarter Diamond Turn in 4} Fwd L twd DLW trng LF, cont LF trn sd R, bk L, bk R to approximately CP/LOD;
 Second time Part A: to CP/DC
 SS; 8 {Dip Bk & Rec} In CP Bk L, -, rec R blending to CP/LOD, -;
 Second time Part A : ending in CP/DLC

Bridge

1-4 **Diamond Turn;;;;**

SQQ; SQQ; 1-4 {Diamond Turn} Fwd L trng LF, -, sd R, bk L to BJO; Bk R trng LF, -, sd L, fwd R outside ptr in BJO; Fwd L trng LF, -, sd R, bk L to BJO; Bk R trng LF, -, sd L, fwd R outside ptr in BJO;

PART B

1-4 **Threestep; Half Nat Trn; Spin Trn; Feather Finish;**

SQQ; 1 {Threestep} Fwd L to CP/LOD, -, fwd R, fwd L;
 SQQ; 2 {Half Natural Turn} Fwd R comm RF trn in front of Woman, -, sd & arnd L (W: cl R to L heel

trn), bk R o CP/RLD;
 SQQ; 3 {Spin Turn} In CP RLOD stp bk L lowering into knee & start trng RF, -, cont trng RF to CP LOD rec fwd R between W's feet and rise (W brush), rec bk L to CP DLW ;
 SQQ; 4 {Feather Finish} Bk R trng LF, -, sd & fwd L, fwd R outsd ptr to BJO/LOD;
5-8 Threestep; Feather; Rev Trn;;
 SQQ; 5 {Threestep} fwd L, -, fwd R, fwd L;
 SQQ; 6 {Feather} Fwd R, -, fwd L, fwd R outsd ptr to BJO;
 SQQ; 7-8 {Reverse Turn} Fwd L DLC comm LF trn, -, sd & arnd R cont LF trn (W: cl L to R heel trn), bk L complete 3/8 LF trn; Bk R DLC cont LF trn, -, sd & fwd L cont LF trn to DLW, fwd R outside ptr to BJO;

PART B modified

1-4 Threestep; Half Nat Trn; Spin Trn; Feather Finish;
 1-4 Repeat Part B measures 1-4
5-8 Diamond Trn;;;:
 5-8 Repeat Bridge measures 1-4

PART A MOD

1-4 Threestep; Feather; Reverse Trn;;
 1-4 Repeat Part B measures 5-8
5-8 Threestep; Half Nat Trn; Spin Trn; Feather Finish;
 5-8 Repeat Part B 1-4

Ending

1-4 Threestep; Slow Fwd & Qk Twisty Vine 6;; Dip Bk, Rec, Tch;
 SQQ; 1 {Threestep } Fwd L to CP/LOD, -, fwd R, fwd L;
 S QQ; 2-3 {Slow Fwd & Qk Twisty Vine 6} Fwd R trng to CP fcg Wall, -, sd L, XiB R (W: XiF L outside partner) in momentary SCAR; trng to CP/Wall Sd L, XiF R outside partner (W: XiB L) in momentary BJO, trng to CP/Wall sd L, in momentary SCAR XiB R (W: XiF L outside partner) trng to CP/Wall;
 SQQ; 4 {Dip Bk Rec Tch} In CP Bk L,-, rec R, tch L to R;
 [option: may also be cued and danced as {Dip bk & Rec} In CP Bk L,-, rec R, -;]
5-6 Slow Twirl Vine 2 (to CP); Dip Bk w/ Leg Crawl Hold;
 SS 5 {Slow Twirl Vine 2} raising lead hands to lead RF Twirl for Woman sd L, -, XiB R finishing Twirl and blending to CP/Wall, - ;
 (W: RF Twirl under lead arms R, -, L blending to CP/Wall, - ;)
 SS 6 {Dip Bk w Leg Crawl} Dip Bk L leaving R leg extend and offering it for a leg crawl, -, slightly raise on L to initiate leg crawl, - ;
 (W: Fwd R, -, slowly lift leg up along man's outer thigh with toe pointed to floor, - ; [optional: & extend left arm slowly up])

Suggested Head Cues:

Best of Friends Fx IV

Artist: Dancelife, CD: Cartoon Songs, Casa Musica, Länge: 2:19;

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(geschrieben als Einführung in Slow Fox, beginnend mit den Phase-IV-Figuren, Thema: keine Schließschritte: durchlaufen / written as Introduction to Slow Fox, starting with Phase IV Figures;

Focus: passing steps, no closing steps)

Sequence: Intro AA Bridge B Bmod Amod Bridge Endg

Intro 6 (In Op Fcg LOD Trail feet free Wait 1;)

Step Tog Tch; Dip Bk & Hold; Rec & Tch; 4 Sd Tchs;;

Part A Threestep; Feather; Threestep; Feather;

(PU) Rev Turn;; Qk Qtr Diamond Trn 4 (LOD); Dip Bk & Rec;

Part A Threestep; Feather; Threestep; Feather;

(PU) Rev Turn;; Qk Qtr Diamond Trn 4 (DLC); Dip Bk & Rec;

Bridge Diamond Turn ;;;;

(DC)

Part B Threestep; Half Nat Trn; Spin Trn; Feather Finish;

(PU) Threestep; Feather; Rev Trn;;

Bmod Threestep; Half Nat Trn; Spin Trn; Feather Finish;

(PU) Diamond Trn;;;

Amod Threestep; Feather; Rev Turn;;

(PU) Threestep; Half Nat Trn; Spin Trn; Feather Finish;

Bridge Diamond Trn;;;

(DC)

Endg Threestep; SI Fwd (fc WII) & Qk Twisty Vine 6 - (CP);; SI Dip Bk Rec Tch;

(PU) SI Twirl/Vine2 (CP); Dip Bk w/ Leg Crawl, Hold [opt: Ladys L Arm up];

Sequence: Intro AA Bridge B Bmod Amod Bridge Endg