

Official WCDF competition dance description 2012

My True Friend

Helene Callmyr

Type : 48 Count, 2 Wall, Rise & Fall (Waltz)
Level : Intermediate
Music : "Years From Now" by Don Williams (BPM 85)
Special edit, please contact WCDF Music Board

CROSS CHECK, RECOVER, ¼ TURN LEFT, SWEEP BACK, 5/8 TURN LEFT

1 LF cross over RF
2 RF recover, whilst start sweeping LF from front to back
3 LF continue sweep, ¼ turn left (facing 10:30)
4 LF step back to diagonal (4:30)
5 RF ¼ turn left, step back (face 7:30)
& LF 1/8 turn left, step to left (face 6:00)
6 RF ¼ turn left, step forward (face 3:00)

STEP FORWARD ACROSS, UNWIND FULL TURN, SWEEP

7 LF cross over RF
8-9 hold
10-11 start Full Turn to right
12 continue turning whilst sweeping RF from front to back

RIGHT TWINKLE BACK, PIVOT TURNS

13 RF step back to diagonal (10:30)
14 LF 1/8 turn left, step to left
15 RF 1/8 turn left, step back (7:30)
16 LF 3/8 turn left, step forward (9:00)
17 RF ½ turn left, step back (3:00)
18 LF ¼ turn left, step to left (12:00)

LUNGE, RECOVER, PASSÉ, DEVELOPÉ

19-21 lower bending Left knee and RF point to right
22 start going up
23 RF ¼ turn right in Passé
24 RF lift Right leg in Developé

STEP FORWARD, ¼ TURN RIGHT, CROSS, STEP BACK, OVERSWAY

25 RF step forward (3:00)
26 LF ¼ turn right, step to left (6:00)
& RF 1/8 turn right, cross over LF (7:30)
27 LF 1/8 turn right, step back (9:00)
28 RF ¼ turn right, large step to right (12:00)
29 sway upperbody to right
30 LF touch next to RF

1/8 TURN LEFT, WALKS FORWARD, CHAINÉ TURN

31 LF 1/8 turn left, step forward (10:30)
32 RF step forward (10:30)
33 LF step forward (10:30)
34 RF step forward
35 LF step next to RF, ¾ turn right
36 RF step forward, ¼ turn right (10:30)

CHECK FORWARD x2

37 LF cross over RF (10:30)
38 RF recover
39 LF 1/8 turn left, step to left
40 RF cross over LF (7:30)
41 LF recover
42 RF step slightly back (facing 7:30)

LEFT TWINKLE, 1 1/8 TURN WITH SWEEP

43 LF step forward (7:30)
44 RF step forward, 1/8 turn left
45 LF 1/8 turn left, step forward (4:30)
46 RF step forward (4:30)
47-48 1 1/8 turn right on RF, sweep LF from back to front