

FRIENDS & LOVERS

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MUSIC: Collectable ZS8 69129 "Friends & Lovers" Gloria Loring & Carl
Anderson available Palomino Records

FOOTWORK: Opposite unless otherwise indicated

RHYTHM: WALTZ RAL PHASE III + 2 [diamond trn, In & Out runs]

SPEED: 44 RPM adjust for comfort

SEQUENCE: INTRO A B INTER A B C B END

Released 2/06

INTRO

1-8 WAIT;; DIP & RECOV;; SOLO TRN IN 6;; CANTER X 2;;

1-2 CP fcg WALL wait;;

3 Bk L lowering and extend R leg,-,-;

4 Rise and draw R to L,-,-;

5 Fwd L trng LF, sd & bk R cont trn, bk L fc RLOD;

6 Bk R cont LF trn, sd & bk L cont LF trn, fwd R twd ptr blend to CP/WALL;

7-8 Sd L, draw R to L, cl R; sd L, draw R to L, cl R;

PART A

1-4 BAL L & R;; TWRL VINE; THRU CHASSE BJO;

1 Sd L, XRIB taking wt on ball of R ft, rec L;

2 Sd R XLIB taking wt on ball of L ft, rec R;

3 Sd L leading W trn RF undr jnd lead hnds, XRIB of L, sd L (W twrl RF undr
jnd lead hnd R, L, R) end SCP LOD;

4 Thru R, sd L/cl R, sd & fwd L to BJO/DLW (W thru L comm LF trn, sd R/cl L
trng 1/2 LF, sd & fwd R to BJO);

5-8 FWD FWD/LK FWD; MANUV; SPIN TRN; BK SD CL SCAR;

5 Fwd R, fwd L/lock R bhd L, fwd L (W bk L, bk R/lock L in front of R, bk R);

6 Fwd R trng RF, fwd L cont trn RF to fc RLOD, cl R (W bk L trng RF, bk R
cont trn RF to fc LOD, cl L);

7 Bk & sd L pivoting RF, fwd & rise R, sd & bk L fc LOD (W fwd R between M's
feet pivoting RF, bk & rise L, sd & fwd R);

8 Bk R, sd L, cl R trng slightly to end in SCAR pos;

9-11 CROSS HVR BJO; CROSS HVR SCAR; CROSS HVR SCP;

9 Cross LIF of R, sd R with sl rise trng sl LF, rec R to BJO DLC;

10 Cross RIF of L, sd L with sl rise trng sl RF, rec L to SCAR DLW;

11 Cross LIF R, sd R with sl rise trng sl LF, rec L to SCP;

12-16 OPEN IN & OUT RUNS;; P/U SD CL; DIP & RECOV;;

12-13 Thru R trng RF, fwd & sd L XIF of W, fwd R to 1/2 op (W sm steps fwd L, fwd R,
fwd L); sm stps fwd L, fwd R, fwd L (W thru R trng RF, fwd & sd L XIF of M, fwd
R to 1/2 op) end SCP LOD;

14 Thru R, sd L trng LF, cl R (W fwd L trng 1/2 LF in front of M to CP, sd R, cl L)
end CP LOD;

15-16 REPEAT MEAS 3 & 4 INTRO in CP fcg LOD;;

PART B

1-8 DIAM TRN;;; 2 L TRNS;; HOVER; THRU SD CL;

1 Blending to BJO fwd L comm 1/4 LF trn, sd R, bk L;

2 Bk R cont trng LF 1/4, sd L, fwd R;

3-4 REPEAT MEAS 1 & 2 PART B TO END BJO DLC;;

5 Fwd L comm 3/8 LF trn, sd R, cl L to R end CP RLOD;

6 Bk R comm 3/8 LF trn, sd L, cl R to L end CP DLW;

7 Fwd L, sd R with hovering action, fwd L to SCP LOD;

8 Thru R, sd L trng 1/4 to fc ptr, cl R to L end fcg ptr WALL;

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PART B (cont)

9-12 WALTZ AWAY; TRN IN TO FC RLOD; BK WZ; BK DRAW TCH;

- 9 Sd & fwd L trng LF to op LOD, fwd R, cl L;
- 10 Fwd R trng RF twd ptr, sd & fwd L cont RF trn, cl R end fcg RLOD;
- 11 In op sd by sd position bk L, bk R, cl L;
- 12 Bk R, draw L to R, hold;

13-16 THRU TWINKLE; THRU SD CL; BOX;;

- 13 Thru L to RLOD trng RF to fc ptr & WALL, sd R, cl L end fcg ptr WALL;
- 14 Thru R, sd L trng 1/4 RF, cl R to fc ptr WALL;
- 15-16 Fwd L, sd R, cl L; Bk R, sd L, cl R;

INTERLUDE

1-6 DIP & RECOV;; SOLO TRN IN 6;; CANTER X 2;;

- 1-6 REPEAT MEAS 3-8 INTRO;;;;;

REPEAT PART A & PART B

PART C

1-4 APT PNT; SPIN MANUV; 2 R TRN;;

- 1 Bk & sd L opening out, pnt R,-;
- 2 Fwd R comm RF trn, cont RF trn fwd & sd L, cl R to fc RLOD in CP
(W comm LF spin in plc L, R, L to end fcg ptr LOD in CP);
- 3-4 Bk L trng RF, sd R cont trn RF, cl L; fwd R trng RF, sd L cont RF trn,
cl R end fcg ptr WALL in CP;

5-8 BAL L; REV TWRL; TWINKLE TO RLOD; THRU SD CL;

- 5 REPEAT MEAS 1 PART A;
- 6 Sd R bring M's L & W's R hnds thru twd RLOD lead W to trn LF undr jnd
hnds, thru L, fwd R (W twrl LF twd RLOD undr jnd hnds L, R, L) LOP RLOD;
- 7 Thru L crossing L in front of R twd RLOD trng sl RF to fc ptr & wall, sd R,
cl L to R;
- 8 REPEAT MEAS 8 PART B;

9-12 WLTZ AWAY; CROSS WRAP FC RLOD; WHEEL 3 FC LOD; THRU SD CL;

- 9 REPEAT MEAS 9 PART A;
- 10 Fwd R twd wall trng W LF twd RLOD comm to chng sds, sd L to fc
RLOD lower lead hnds to wrap pos, cl R (W fwd L, comm 1/4 LF trn,
sd & fwd R cont trn to fc RLOD, cl L) end wrapped pos RLOD;
- 11 In wrapped pos fcg RLOD wheel RF to fc LOD fwd L, R, L, (W bk R, L, R) to
end in wrapped pos fcg LOD;
- 12 Release hnds fwd R, sd L trng 1/4 RF to fc ptr, cl R end BFLY WALL;

13-16 TWINKLE RLOD; TWINKLE LOD; TWINKLE RLOD; P/U SD CL;

- 13 REPEAT MEAS 7 PART C;
- 14 Thru R crossing R in front of L toward LOD trng sl LF, sd L, cl R to L;
- 15 REPEAT MEAS 7 PART C;
- 16 Thru R, sd L trn LF, cl R (W fwd L trng 1/2 LF to CP, sd R, cl L) end CP LOD;

REPEAT PART B

END

1-4 WALTZ AWAY; CROSS WRAP FC RLOD; WHEEL 3 FC LOD; THRU SD CL HOLD;

- 1-3 REPEAT MEAS 9-11 PART C;;;
- 4 REPEAT MEAS 12 PART C hold as music retards & gaze at ptr lovingly;

5-8 TWINKLE RLOD; TWINKLE LOD; TWINKLE RLOD; P/U SD CL;

- 1-4 REPEAT MEAS 13-16 PART C;;;

9-16 DIAM TRN;;; SLO SD DRAW L & R;; DIP BK & HOLD;;

- 9-12 REPEAT MEAS 1-4 PART B;;;
- 13-14 Sd L, slowly draw R to L,-; sd R, slowly draw L to R,-;
- 15-16 REPEAT MEAS 15 PART A & hold;;