

Today is Friday

Counts: 32 **Walls:** 2 **Level:** Improver level contra
Choreographer: Karianne Heimvik (NOR), Tom Inge Soenju (NOR), Sept 2019
Music: "Hoy es Viernes" by Chucho Flash. **Track:** 2:49, 100 bpm
Availability: Available on iTunes, Google Play and Amazon.

Note: Made as a contra but can of course be danced on lines as well.
Intro: 16 counts
Sequence: Repeating sequence
Tag/Restart: No tags or restarts
End: Dance as normal till music ends.

Section 1: F R MAMBO STEP, COASTER CROSS, SIDE-TOGETHER, B SHUFFLE

1 & 2 Rock fwd on RF, Recover weight onto LF, Step back on RF
3 & 4 Step back on LF, Step RF next to LF, Cross LF over RF
5 - 6 Step RF to R side, Step LF next to RF
7 & 8 Step back on RF, Step LF next to RF, Step back on RF

Section 2: SIDE-TOGETHER, L CHASSÉ, POINT-¼ PADDLE L TURN X4

1 - 2 Step LF to L side, Step RF next to LF
3 & 4 Step LF to L side, Step RF next to LF, Step LF to L side
5 & Point toes of RF fwd and make a ¼ L turn (F09:00)
6 & Point toes of RF fwd and make a ¼ L turn (F06:00)
7 & Point toes of RF fwd and make a ¼ L turn (F03:00)
8 & Point toes of RF fwd and make a ¼ L turn (F12:00)

Section 3: CROSS-SAMBA X 2 (R/L), FWD SHUFFLE X 2 (R/L)

1 & 2 Cross RF over LF, Rock ball of LF to L side, Recover weight onto RF
3 & 4 Cross LF over RF, Rock ball of RF to R side, Recover weight onto LF
5 & 6 Step fwd on RF, Step LF next to RF, Step fwd on RF
7 & 8 Step fwd on LF, Step RF next to LF, Step fwd on LF

Optional during C5-8 if you dance contra: High five the people you pass with a big smile :-)

Section 4: R CROSS, ½ R TURN (¼, ¼), TOUCH, FULL L SHUFFLE TURN

1 - 2 Cross RF over LF, ¼ R turn stepping back onto LF (F03:00)
3 - 4 ¼ R turn stepping fwd on RF, Touch LF next to RF (F06:00)
5 & ¼ L turn stepping fwd on LF, Step RF next to LF (F09:00)
6 & ¼ L turn stepping fwd on LF, Step RF next to LF (F12:00)
7 & ¼ L turn stepping fwd on LF, Step RF next to LF (F03:00)
8 ¼ L turn stepping fwd on LF (F06:00)

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact us:

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