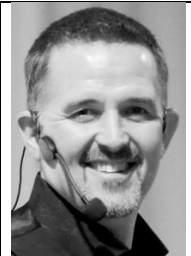


Saturday Sunday WHAT???!!!

Choreographed by: Niels Poulsen

Email: nielsbp@gmail.com

September 2022



Type of dance: 64 counts, 2 walls, low advanced cha cha
 Music: **Friday** by Riton & Nightcrawlers feat. Mufasa & Hyperman (Dopamine Edit). 123 bpm. Track length: 2:49. Buy on iTunes. ***This version only!*** Be aware of other and longer tracks...
 Intro: 32 counts from first strong beat in music. App. 22 secs. into track. Start with weight on L
 1 restart: On wall 1, after 56 counts, facing 12:00 😊
 1 EASY bridge: 8 count bridge during wall 3, after 32 counts. See bridge description at bottom of step sheet

Counts	Footwork	End facing
1 – 9	R side rock, ¼ L flick, fwd R, L step lock step, R rock fwd sweep, behind side fwd 1/8 L	
1 – 3	Rock R to R side (1), turn ¼ L when recovering on L flicking R backwards (2), step R fwd (3)	9:00
4&5	Step L fwd (4), lock R behind L (&), step L fwd (5)	9:00
6 – 7	Rock R fwd (6), recover back on L sweeping R to R side (7)	9:00
8&1	Cross R behind L (8), step L to L side (&), turn 1/8 L on L stepping R fwd (1)	7:30
10 – 17	HOLD, L lock step, step ½ R, full turn R, weave ¼ L (part of diamond 3/8 L)	
2&3	HOLD (2), lock L behind R (&), step R fwd (3)	7:30
4 – 5	Step L fwd (4), turn ½ R stepping fwd on R (5)	1:30
6 – 7	Turn ½ R stepping back on L (6), turn ½ R stepping fwd on R (7)	1:30
8&1	Cross L over R (8), turn 1/8 L stepping R to R side (&), turn 1/8 L stepping L behind R (1)	10:30
18 – 25	Behind side 1/8 L, R samba step, cross ¼ L back R, L back lock step	
2 – 3	Cross R behind L (2), turn 1/8 L stepping L to L side (3)	9:00
4&5	Cross R over L (4), rock L to L side (&), recover on R (5)	9:00
6 – 7	Cross L over R (6), turn ¼ L stepping back on R (7)	6:00
8&1	Step back on L (8), lock R over L (&), step back on L (1)	6:00
26 – 32	R back rock, R kick & point LRL, 1/8 L with R flick	
2 – 3	Rock back on R (2), recover fwd onto L (3)	6:00
4&5	Kick R fwd (4), step R next to L (&), point L to L side (5)	6:00
6&7	Step L next to R (&), point R to R side (6), step R next to L (&), point L to L side (7)	6:00
8	Step L next to R flicking R back turning 1/8 L (8)... * Bridge here on wall 3, facing 10:30	4:30
33 – 41	Rock R fwd, recover sweep, back R, L coaster step, Monterey ½ R, L side mambo step	
1 – 3	Rock fwd on R (1), recover back on L sweeping R to R side (2), step back on R (3)	4:30
4&5	Step back on L (4), step R next to L (&), step L fwd (5)	4:30
6 – 7	Point R to R side (6), turn ½ R on L stepping R next to L (7)	10:30
8&1	Rock L to L side (8), recover on R (&), step L next to R (1)	10:30
42 – 49	R rock fwd, R coaster step, L lock step X 2, HOLD, L lock step	
2 – 3	Rock fwd on R (2), recover back on L (3)	10:30
4&5	Step back on R (4), step L next to R (&), step R fwd (5)	10:30
6&7	Lock L behind R (&), step R fwd (6), lock L behind R (&), step R fwd (7)	10:30
8&1	HOLD (8), lock L behind R (&), step R fwd (1)	10:30
50 – 56	Step 3/8 R, L step lock step, full turn L, ¼ L into beginning of chassé	
2 – 3	Step L fwd (2), turn 3/8 R stepping onto R (3)	3:00
4&5	Step L fwd (4), lock R behind L (&), step L fwd (5)	3:00
6 – 7	Turn ½ L stepping back on R (6), turn ½ L stepping L fwd (7)	3:00
8&	Turn ¼ L stepping R to R side (8), step L next to R (&) ... * Restart here on wall 1, facing 12	12:00
57 – 64	Side R, HOLD, ball cross, ¼ R X 2, 1/8 R fwd L, R stomp side, HOLD, together with L	
1 – 2&3	Step R a big step to R side (1), HOLD (2), step L next to R (&), cross R over L (3)	12:00
4 – 5	Turn ¼ R stepping back on L (4), turn ¼ R stepping R to R side (5)	6:00
6 - 7 - 8	Turn 1/8 R stepping L fwd (6), stomp R next to L (7), HOLD and change weight to L (8) – (body roll from down and up) – NOTE! To start again step R fwd and turn 3/8 L with the flick	7:30
START AGAIN		
Bridge	On wall 3, after 32 counts, facing 10:30: Rock R fwd (1), hold (2), Recover L with R sweep (3), hold (4), rock R back popping L knee (5), hold (6), recover L sweeping R fwd (7), hold (8)	10:30
Ending	Wall 5 is your last wall (starts at 6:00). Finish on 33 crossing R over L to end facing 12:00 😊	12:00