

Title: **I'll Be There For You** (The Theme from "FRIENDS")

Artist: The Rembrandts

Level: Advanced



The Sequence:

WAIT 16 A B C A B C+ D B+ C C ENDING POSE

The Sections:

A =	16 beats 1 Go for It	B =	16 Beats JAZZ TOE HOP RUN rock	C =	28 Beats Stomp & Turn Be There Stomp & Turn tag	D =	64 Beats Skuff Hop Red Tum(3/4 rt) Repeat above 3 more times.
B+ =			Jazz Toe Hop Run 2 rock steps	C+ =	Stomp & Turn Be There Stomp & Turn Tag, Tag		

THE STEPS

GO FOR IT

JAZZ

TOE HOP RUN

8	ST		16	S	*LEFT ARM OVER HEAD	&		R
&		ST	&	R	*RT ARM OVER HEAD	8	HOP	
7	S		15	PULL	BACK	a		SK
&	D		&	JUMP	FLAT	&	HOP	
6		SL	14	TCH(XIF)		e		TIP
&		BA	&		HOP	7	S	
5	BA		e	TIP(IB)		&		HOP
a	HL		13		HOP	e	SK	
&		R	&	D		6		HOP
4	HOP		12		S	a	TIP	
a		BR	&	R		&		S
&	HOP		11		S	5	HOP	
e		SK	&		D	a		SK
3	HOP		10	S		&	HOP	
a		BR	&		R	e		TIP
&	HOP		9	ST		4	HOP	
e		BR	a	CLAP		a		TIP
2	HOP		&		ST	&	S	
a		BR	e	CLAP		3		HOP
&	HOP		L		R	a	SK	
e		BR				&		HOP
1	S					e	TIP	
&	D					2		HOP
	L	R				a	TIP	
						&		S
						1		D
						&	D	
						L		R

I'LL BE THERE FOR YOU
CONTINUED:

<u>STOMP & TURN</u>			<u>BE THERE</u>		<u>SKUFF HOP</u>		<u>RED TURN</u>			
8	LIFT	SL	8	LIFT	SL	8	S	8	LIFT	SL
&	HL		&		BA	a	HL	&		BA
7	BO	BO	7		D	&	R	7	BA	
&		D	&	D		7		a	HL	
6	BO	BO	6		D	a		&		R
&		D	&	D		&	S	6	HOP	
5	BO	BO	5		D	e	HL	&	HOP(3/4TURN L)	
&		D	&	D		6		5	JUMP	FLAT
4	S		4	LIFT	SL	a		&		D
&		R	&		BA	&	HOP:	4	SL	LIFT
3	S		3	BA		5	JUMP	&	BA	
&			&		BA	&		3		S
2		S	2	BO	K	4	S	a		HL
&		D	&	BO	IN	a	HL	&	R	
1	ST		1	BO	K	&		2	LIFT	SL
&			&	D		3	HOP	&		BA
				L	R	a		e		TIP
	L	R				&	S	1	S	
						e	HL	&	D	
						2			L	R
						&	HOP			
						e				
						1	S			
						&	D			
							L			
							R			
							SK			

Tag = 4 beats

Left Hand Out to Left
Right Hand Out to Right
Clap, Clap, push

C+ = Add additional tag

B+ = 2 rock steps w/rt foot

