

# For Life

Count: 64

Wall: 4

Level: Advanced

Choreographer: Hiroko Carlsson (AUS) - October 2024

Music: For Life (feat. Nile Rodgers) - Kygo & Zak Abel : (Spotify/YouTube Music/Deezer/Apple Music)



Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(Intro: 16 counts)

## [S1] Step-Pivot 1/2L, Fwd Rock, Out-Out, Flick, Rock Turn 1/4L

- 1 2 Step forward on R, Make a ½ turn left recover weight on L (6:00)
- 3 4 Rock forward on R, Replace weight on L
- &5 6 Step out-out on R-L (&5), Flick R behind L
- 7 8 Rock R to the side, Recover weight on L making a ¼ turn left (3:00)

## [S2] Shuffle Fwd, Fwd Rock, Out-Out, Flick, Scissor-Cross

- 1&2 Shuffle forward on R-L-R
- 3 4 Rock forward on L, Replace weight on R
- &5 6 Step out-out on L-R (&5), Flick L behind R
- 7&8 Step L to the side, Step R next to L, Cross L over R

## [S3] Side-Touch w/ Body Twist L, 1/4R Shuffle Back, 1/2R R Doroyhy, L Dorothy

- 1 2 Step R to the side, Touch L next to R twisting your body to the left (upper body facing 12:00)
- 3&4 Making a ¼ turn right shuffle back on L-R-L (6:00)
- 5 6& Make a further ½ turn right stepping forward on R (12:00), Lock L behind R, Step forward on R
- 7 8& Step diagonally forward on L, Lock R behind L, Step forward on L

## [S4] Box Step 1/4R, 2x Step-Pivot 1/2L

- 1 2 Cross R over L, Make a ¼ turn right stepping back on L (3:00)
- 3 4 Step R to the side, Step forward on L
- 5 6 Step forward on R, Make a ½ turn left recover weight on L (9:00)
- 7 8 Step forward on R, Make a ½ turn left recover weight on L (3:00)

## [S5] Side Shuffle, Behind, Cross Shuffle, 1/4R Back, 1/4R Shuffle Fwd-

- 1&2 Side shuffle to the right on R-L-R
- 3 Step/rock L behind R
- 4&5 Recover/cross R over L, Step L close, Cross R over L
- 6 Make a ¼ turn right stepping back on L (6:00)
- 7&8 Make a further ¼ turn right shuffle forward on R-L-R (9:00)

## [S6] -1/8R-Together, Heel Bounce, Cross Shuffle, 1/4L-Together, Heel Bounce, Fwd Rock-

- &1 - Make a ⅛ turn right stepping L to the side (10:30), Step R next to L
- &2 Both feet together heel bounce up (&)-down (2) weight ends on R
- 3&4 Cross L over R, Step R close, Cross L over R
- &5 Make a ¼ turn left stepping R to the side (7:30), Step L next to R
- &6 Both feet together heel bounce up (&)-down (6) weight ends on L
- 7 8 Rock forward on R, Replace weight on L-

## [S7] -3/8R-Step-Pivot 1/2R-Fwd, L Full Turn-Step-Pivot 3/4L

- 1 2 - Make a ⅜ turn right stepping forward on R (12:00), Step forward on L
- 3 4 Make a ½ turn right recover weight on R (6:00), Step forward on L
- 5 6 Make a ½ turn left stepping back on R, Make a ½ turn left stepping forward on L (6:00)

7 8 Step forward on R, Make a  $\frac{3}{4}$  turn left recover weight on L (9:00)

**[S8] Side, Behind Rock, Side, Behind w/ Knee Hitch, Behind-Side-Cross, 1/4L Back-1/4L Fwd**

1 2& Step R to the side, Rock L behind R, Replace weight on R

3 4 Step L to the side, Step R behind L and hitching L knee to the side

5&6 Step L behind R, Step R to the side, Cross L over R

7 8 Make a  $\frac{1}{4}$  turn left stepping back on R, Make a  $\frac{1}{4}$  turn left stepping forward on L (3:00)

**Restart on Wall 3 count 32 + 4 Counts Tag- Rocking Chair (9:00)**

**TAG: On wall 3, dance up to Section 4 (32 counts), add the following steps**

1 2 Rock forward on R, Replace weight on L

3 4 Rock back on R, Replace weight on L

**Ending Suggestion: The last wall starts facing 3:00, Dance up to count 32 (6:00).**

**Make a swift 1/2L turn stepping back on R (12:00)**

(updated: 26/Oct/24)

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