

# For Life

**COPPER** **KNOB**  
BY STEPHEN

**Compte:** 32

**Mur:** 4

**Niveau:** Absolute Beginner

**Chorégraphe:** Alexis Strong (UK) & Caroline Cooper (UK) - May 2024

**Musique:** For Life (feat. Nile Rodgers) - Kygo & Zak Abel



## Intro 16 (Start Dance Weight In L)

### SECTION 1 GRAPEVINE TOUCH, DIAGONALLY FWD TOUCH, DIAGONALLY BK TOUCH

- 1-2 Step R to R side, cross L behind R
- 3-4 Step R to R side, touch L next to R
- 5-6 Step L to L diagonal, touch R next to L
- 7-8 Step R back to R diagonal, touch L next to R

### SECTION 2 GRAPEVINE TURN HITCH, STEP BK RLR, TOUCH

- 1-2 Step L to L side, cross R behind L
- 3-4 ¼ turn L, stepping L fwd (9), hitch R
- 5-6 Step back R, L
- 7-8 Step back R, touch L next to R

### SECTION 3 SHUFFLE FWD, SHUFFLE FWD, DIAGONALLY STEP FWD TOUCH, DIAGONALLY STEP BK TOUCH

- 1&2 Step L fwd, close R next to L, step fwd L
- 3&4 Step R fwd, close L next to R, step fwd R
- 5-6 Step L to L diagonal, touch R next to L
- 7-8 Step R back to R diagonal, touch L next to R

### SECTION 4 STEP DIAGONALLY BK TOUCH, STEP DIAGONALLY FWD TOUCH, SIDE TOUCH, POINT OUT, TOUCH IN

- 1-2 Step L back to L diagonal, touch R next to L
- 3-4 Step fwd R to R diagonal, touch L next to R
- 5-6 Step L to L side, touch R next to L
- 7-8 Point R out to R side, touch R next to L (9)

### Tag danced at the end of wall 5

- 1-2 Step R to R side, touch L next to R
- 3-4 Step L to L side, touch R next to L

### Contact details

Alexis Strong via facebook or [alexisstrong0421@gmail.com](mailto:alexisstrong0421@gmail.com)

Caroline Cooper via facebook or [linedancersofflinthorpe@outlook.com](mailto:linedancersofflinthorpe@outlook.com)

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