

# Friends For Life

**COPPER** **NOB**  
BY STEPHENETS

拍数: 32      墙数: 4      级数: Easy Intermediate  
编舞者: Tracie Lee (AUS), Maddison Glover (AUS) & Simon Ward (AUS) - October 2017  
音乐: Whole Lot in Love - Austin Burke : (Album: Austin Burke EP, iTunes)



**Winners: 2017 Dance Fusion Instructors Choreography Competition (Team Australia)**

**Notes: 8 Count Tag On Walls 2 & 4 and a 4 Count Tag On Wall 5**  
**Dance starts after 16 count intro on vocals, Ends facing front wall at end of dance.**

- [1-8] L fwd sweeping R, Cross/step R, Hold, L side, R behind sweeping L, L behind R, ¼ R, L shuffle fwd**
- 1-2            Step left slightly forward & in front of right sweeping right forward, Cross/step right across left 12.00
- 3             Hold 12.00
- &4            Step left slightly left, Step right behind left sweeping left back 12.00
- 5-6           Step left behind right, Step right to right side turning ¼ turn right 3.00
- 7&8          Step left slightly forward, Lock/step right behind left, Step left slightly forward 3.00
- [&9-16] R out, L out, R centre, cross/step L, Hold, Unwind ½ R, Drop heels, R coaster step, Walk L,R**
- &1&2          Step right slightly to right, Step left slightly to left, Step right at centre, Cross/step left over right 3.00
- 3             Hold 3.00
- &4            Unwind ½ turn right on balls of feet raising heels, Drop weight onto heels 9.00
- 5&6          Step right back, Step left beside right, Step right forward 9.00
- 7-8          Step left forward, Step right forward 9.00
- [17-24] Rock L fwd, Recover R, L back, Touch R, R back, Touch L, Step L together, Walk R,L, R fwd ¼ chase**
- L**
- 1-2            Rock/step left forward, Recover weight back on right 9.00
- &3            Step left slightly back, Touch right toe forward & in front of left 9.00
- &4            Step right slightly back, Touch left toe forward & in front of right 9.00
- &5-6          Step left beside, Step right forward, Step left forward 9.00
- 7&8          Step right forward, Pivot ¼ turn left taking weight onto left, Cross/step right over left 6.00
- [25-32] ¼ turn R, ¼ turn R, Cross L chasse, Step R, Step L beside R to diagonal, Cross/step R, ¾ turn R**
- 1-2            Make a ¼ turn right & step left back, Make a further ¼ turn right & step right to right side 12.00
- 3&4          Cross/step left over right, Step right slightly to right, Cross/step left over right 12.00
- &5-6          Step right to right, Step left beside right turning body to left diagonal 10.30, Cross/step right over left 12.00
- 7-8          Make a ¼ turn right & step left back, Make a further ½ turn right & step right forward 9.00

## RESTART

**Tags:-**

**At the end of walls 2 & 4 you will do the following 8 counts**

**[1-8] Rock L fwd, Recover R, L coaster step, Rock R fwd, Recover L, R coaster step**

- 1-2            Rock/step left forward, Recover weight onto right,
- 3&4            Step left back, step right beside left, Step left forward
- 5-6            Rock/step right forward, recover weight onto left
- 7&8            Step right back, Step left beside right, Step right forward

**At the end of Wall 5 you will do the following 4 counts**

**[1-4] Left rocking chair**

1-4                    Rock/step left forward, Recover weight onto right, Rock/step left back, Recover weight onto right

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