

# Lifelong Friends

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Donna Manning (USA) - February 2014  
音乐: You Can't Make Old Friends (feat. Dolly Parton) - Kenny Rogers  
或: Back To You - Mandisa



16 count intro – 2 Restarts on wall 4 after 20 counts and wall 9 after the first 8& both happen @ 12:00

Alt. Music: Back To You by Mandisa 16 count intro, 32 cts, 4 walls – NO tags or restarts

Pattern: 1,2,3, 4&5,6,7, 8&1 all the way through

## Sec. 1 (1-9) Step, Cross Rock, Recover, Side Triple, Cross Rock, Recover, ¼ Turn Triple

1,2,3, 4&5      L to L side, R Cross Rock, recover to L, R to R side, Close L to R, R to R side  
6,7, 8&1      L cross rock, recover to R, L to L side, Close R to L, \*\*\* ¼ turn L stepping L fwd (9:00)

\*\*\*RESTART here on wall 9 – facing 12:00

## Sec. 2 (10-17) Sway, Sway, Triple, Step, Lift, Back, ¼ Turn, Cross

2,3,      Step R fwd rolling R hip fwd in a clockwise circle 12-6, as you recover to L roll L hip back counter clockwise 12-6  
4&5, 6,7      Step R fwd, \*\*\* Close L to R in 3rd position, Step R fwd, Step L fwd, Lift R into a figure 4 (R instep to L inside calf) - or kick

\*\*\*RESTART on Wall 4 facing 12:00\*\*\*

8&1      Step R back, ¼ turn L step L to L side, Cross R over L (6:00)

## Sec. 3 (18-25) Step, Point, Side Triple, Sway, Sway, Triple

2,3, 4&5      L to L side, point R across L, Step R to R side, close L to R, Step R to R side into a sway  
6,7,      Sway hips L then R using Cuban hip motion taking weight to R on 7  
8&1      L fwd, R close to L in 3rd position, L fwd

## Sec. 4 (26-32) Windmills, Step, Step, ½ Turn, ¼ Turn Side Rock

2,3,4,5      ¼ Turn on ball of L pointing R toe to R side(3:00), Step R ¼ turn R (6:00), ¼ turn R on the ball of the R pointing L toe to L side (3:00), Step L ¼ turn L (6:00)  
6,7,8      Step R fwd, ½ turn L taking weight to L, ¼ turn L stepping R to R side rock (as you recover to L that is the beginning count 1)

**END OF DANCE! HAVE FUN! Please do not alter this step sheet in any way.**

If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

Video rights assigned to choreographer. dancinfreedonna@gmail.com - All rights reserved.

Contact: dancinfreedonna@gmail.com