

# Friends For A Lifetime

**COPPER KNOB**  
BY STEPSHEETS

拍數: 48      牆數: 4      級數: Improver  
編舞者: Kathleen McManamon (AUS) - April 2017  
音樂: Friends For a Lifetime - Beccy Cole



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## Cross Waltz x 2

1-6      Cross L over R, rock on to R, step on to L. Cross R over L, rock on to L, step on to R. Cross L over R, rock on to R, step on to L. Cross R over L, rock on to L, step on to R.

## Fwd Point Hold, Back Point Hold, 1/2 Turn, Waltz Back

7-18      Step fwd on L, point R to side, Hold, Step back on R, point L to side, Hold, Waltz forward LRL turning 1/2 turn left, waltz back RL R. \*\*\*

## Fwd Tap Kick, Back Drag

19-24      Step fwd on L, tap R next to L, kick R fwd. Step back on R, drag L to R (2 counts)

## Fwd 1/4 Turn, Waltz Back

25-30      Waltz fwd LRL turning 1/4 left, waltz back RLR

## Step Slide, Step Slide

31-36      Step L to left, Slide R to L (2 counts). Step R to right, Slide L to R (2 counts)

## Diamond

37-48      Step fwd on L to 45deg turn 90deg left step RL. Step back on R turn 90deg left step LR, Step fwd on L turn 90deg left step RL, Step back on R turn 45deg left step LR ( 3 o'clock )

\*\*\* Restart on wall 4 after count 18

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