

# For Life

**COPPER KNOB**  
BYEBOHEATS

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Alexis Strong (UK) & Caroline Cooper (UK) - May 2024  
音樂: 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)