

# Lifelong Friends

COPPER KNOB  
BY STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Donna Manning (USA) - February 2014  
音樂: 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.**

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