

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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