

# Friends For Life

**COPPER KNOB**  
ART OF MOVEMENT

**Count:** 32      **Wall:** 4      **Level:** Easy Intermediate

**Choreographer:** Tracie Lee, Maddison Glover & Simon Ward, Australia - October 2017

**Music:** Whole Lot In Love, By Austin Burke. Album: Austin Burke EP, iTunes



**Winners: 2017 Dance Fusion Instructors Choreography Competition (Team Australia)**

**Notes: 8 Count Tag On Walls 2 & 4 and a 4 Count Tag On Wall 5**

**Dance starts after 16 count intro on vocals, Ends facing front wall at end of dance.**

**[1-8] L fwd sweeping R, Cross/step R, Hold, L side, R behind sweeping L, L behind R, ¼ R, L shuffle fwd**

- |     |   |
|-----|---|
| 1-2 | Step left slightly forward & in front of right sweeping right forward, Cross/step right across left 12.00 |
| 3   | Hold 12.00  |
| &4  | Step left slightly left, Step right behind left sweeping left back 12.00                                  |
| 5-6 | Step left behind right, Step right to right side turning ¼ turn right 3.00                                |
| 7&8 | Step left slightly forward, Lock/step right behind left, Step left slightly forward 3.00                  |

**[&9-16] R out, L out, R centre, cross/step L, Hold, Unwind ½ R, Drop heels, R coaster step, Walk L,R**

- |      |   |
|------|---|
| &1&2 | Step right slightly to right, Step left slightly to left, Step right at centre, Cross/step left over right 3.00 |
| 3    | Hold 3.00   |
| &4   | Unwind ½ turn right on balls of feet raising heels, Drop weight onto heels 9.00                                 |
| 5&6  | Step right back, Step left beside right, Step right forward 9.00  |
| 7-8  | Step left forward, Step right forward 9.00  |

**[17-24] Rock L fwd, Recover R, L back, Touch R, R back, Touch L, Step L together, Walk R,L, R fwd ¼ chase L**

- |      |  |
|------|--|
| 1-2  | Rock/step left forward, Recover weight back on right 9.00                                      |
| &3   | Step left slightly back, Touch right toe forward & in front of left 9.00                       |
| &4   | Step right slightly back, Touch left toe forward & in front of right 9.00                      |
| &5-6 | Step left beside, Step right forward, Step left forward 9.00                                   |
| 7&8  | Step right forward, Pivot ¼ turn left taking weight onto left, Cross/step right over left 6.00 |

**[25-32] ¼ turn R, ¼ turn R, Cross L chasse, Step R, Step L beside R to diagonal, Cross/step R, ¾ turn R**

- |      |   |
|------|---|
| 1-2  | Make a ¼ turn right & step left back, Make a further ¼ turn right & step right to right side 12.00                |
| 3&4  | Cross/step left over right, Step right slightly to right, Cross/step left over right 12.00                        |
| &5-6 | Step right to right, Step left beside right turning body to left diagonal 10.30, Cross/step right over left 12.00 |
| 7-8  | Make a ¼ turn right & step left back, Make a further ½ turn right & step right forward 9.00                       |

**RESTART**

**Tags:–**

**At the end of walls 2 & 4 you will do the following 8 counts**

**[1-8] Rock L fwd, Recover R, L coaster step, Rock R fwd, Recover L, R coaster step**

1-2	Rock/step left forward, Recover weight onto right,
3&4	Step left back, step right beside left, Step left forward
5-6	Rock/step right forward, recover weight onto left
7&8	Step right back, Step left beside right, Step right forward

**At the end of Wall 5 you will do the following 4 counts**

**[1-4] Left rocking chair**

1-4	Rock/step left forward, Recover weight onto right, Rock/step left back, Recover weight onto right
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