

# Friends For Life

**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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