



Nom : FRIENDS FOR LIFE

Chorégraphe : Tracie Lee, Maddison Glover & Simon Ward, Oct 17
 Contact : Maddison Glover – madpuggy@hotmail.com
 Compte :32 Murs :4 Niveau : Easy Interim.
 Musique : Whole Lot In Love, By Austin Burke
 Album : Austin Burke - EP
 Rythme :
 Danse soumise par: **Inter-Clubs Country du Grand Est**

ICCGE 2017-2018

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.

- SECT-1 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 sweep 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
- SECT-2 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
- SECT-3 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
- SECT-4 ¼ turn R,¼ turn R,Cross L chasse,Step R,Step L beside R 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 RF to right, Step LF 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 onto right, Rock/step left back, Recover weight onto right