

Friends For A Lifetime

Music: Friends For A Lifetime

Artist: Beccy Cole

Level: Improver Waltz - 48 count

Choreographer: Kathleen McManamon. Australia (April 2017)

Count

Steps

Cross Waltz x 2

1-6 Cross L over R, rock on to R, step on to L. Cross R over L, rock on to L, step on to R.
Cross L over R, rock on to R, step on to L. Cross R over L, rock on to L, step on to R.

Fwd Point Hold, Back Point Hold, 1/2 Turn, Waltz Back

7-18 Step fwd on L, point R to side, Hold, Step back on R, point L to side, Hold
Waltz forward LRL turning 1/2 turn left, waltz back RL R. ***

Fwd Tap Kick, Back Drag

19-24 Step fwd on L, tap R next to L, kick R fwd. Step back on R, drag L to R (2 counts)

Fwd 1/4 Turn, Waltz Back

25-30 Waltz fwd LRL turning 1/4 left, waltz back RLR

Step Slide, Step Slide

31-36 Step L to left, Slide R to L (2 counts). Step R to right, Slide L to R (2 counts)

Diamond

37-48 Step fwd on L to 45deg turn 90deg left step RL.
Step back on R turn 90deg left step LR
Step fwd on L turn 90deg left step RL
Step back on R turn 45deg left step LR (3 o'clock)

*** **Restart on wall 4 after count 18**