

For Life

Compte: 32

Mur: 2

Niveau: Beginner

Chorégraphe: Tracy White Hamilton (IRE) - June 2025

Musique: For Life (feat. Nile Rodgers) - Kygo & Zak Abel : (Spotify / Itunes)



Sect. 1 Kick & Point, Kick & Point, 1/4 Hitch coaster step

- 1 & 2 Kick out on the right, point left to the side
- 3 & 4 Kick out on the left, point right to the side
- 5, 6 Hitch up right 1/4 turn over right shoulder & point right
- 7 & 8 Rock back on the right, step left, step right forward

Sect. 2 Kick & Point, Kick & Point, 1/4 Hitch coaster step

- 1 & 2 Kick out on the right, point left to the side
- 3 & 4 Kick out on the left, point right to the side
- 5, 6 Hitch up right 1/4 turn over left shoulder & point right
- 7 & 8 Rock back on the right, step left, step right forward

Sect. 3 Forward rock right, forward rock left, 1/4 turn 1/4 turn

- 1, 2 Rock forward on the right, step down on left and back on the right
- & 3, 4 Rock forward on the left, step down on right and back on the left
- & 5, 6 1/4 turn over right shoulder
- & 7, 8 1/4 turn over right shoulder

Sect. 4 Cross side sailor step, step full turn

- 1, 2 Cross right over left, step out on the left
- 3 & 4 Back rock bring left behind & step out on the right
- 5, 6 Cross left over right
- 7 & 8 3/4 turn over left shoulder stepping left right left

Tag at end of wall 5 Step Touch, Step Touch

- 1, 2 Step to the right touch right beside
- 3, 4 Step to the left touch left beside

Last Update: 16 Jun 2025