

For Life



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Absolute Beginner Level Dance.

Choreographed by: Alexis Strong (UK) & Caroline Cooper (UK) May 2024

Choreographed to: For Life by Kygo & Zak Abel Feat Nile Rodgers

Intro: 16 Counts. Start at approx 9 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	GRAPEVINE TOUCH, FWD TOUCH, BACK TOUCH
1-2	Step R to R side, cross L behind R
3-4	Step R to R side, touch L next to R
5-6	Step L to L diagonal, touch R next to L
7-8	Step R back to R diagonal, touch L next to R
SEC 2	GRAPEVINE ¼ TURN HITCH, BACK X3, TOUCH
1-2	Step L to L side, cross R behind L
3-4	1/4 turn L, stepping L fwd, hitch R (9:00)
5-6	Step back R, step back L
7-8	Step back R, touch L next to R
SEC 3	SHUFFLE FWD, SHUFFLE FWD, FWD TOUCH, BACK TOUCH
1&2	Step L fwd, close R next to L, step fwd L
3&4	Step R fwd, close L next to R, step fwd R
5-6	Step L to L diagonal, touch R next to L
7-8	Step R back to R diagonal, touch L next to R
SEC 4	BACK TOUCH, FWD TOUCH, SIDE TOUCH, POINT OUT, TOUCH IN
1-2	Step L back to L diagonal, touch R next to L
3-4	Step fwd R to R diagonal, touch L next to R
5-6	Step L to L side, touch R next to L
7-8	Point R out to R side, touch R next to L
Tag	At the end of wall 5
	SIDE, TOUCH, SIDE, TOUCH
1-2	Step R to R side, touch L next to R
3-4	Step L to L side, touch R next to L

