



## FRIENDS FOR LIFE (Amigos Para Siempre)

<b>Choreographers:</b>	<b>Music:</b> STAR-514CD Ross Mitchell (Same as Bayroo Bayou) or Ross Mitchell CD Opening Night
Annette & Frank Woodruff	<b>Footwork:</b> Opposite except where indicated ( <i>W's footwork in parentheses</i> )
Rue du Camp, 87	<b>Rhythm:</b> Rumba/Cha
7034 Mons, Belgium	<b>Phase:</b> IV+2 (Natural Top, Mod Cuban Breaks)
Tel: 00 32 65 73 19 40	<b>Release date:</b> January 2005
Fax: 00 32 65 73 19 41	<b>Time &amp; Speed:</b> 3'48" @ unchanged speed
<b>E-mail:</b> anfrank@skynet.be	<b>Sequence:</b> Intro-AB-AB-AB*

### INTRODUCTION – RUMBA

<b>1 - 2</b>	<b>Wait;;</b>	LOP-FCG WALL, wt 2 meas;;
<b>3 - 4</b>	<b>Alemana;;</b>	Fwd L, rec R, cl L, raise jnd ld hnds to palm-to-palm pos ( <i>W bk R, rec L, fwd R twd M's R sd, -</i> ); XRib, rec L, sd R ( <i>W fwd L &amp; swvl RF to fc WALL, fwd R &amp; swvl RF to fc DRC, fwd &amp; sd L to fc M</i> ), -;

### PART A – RUMBA

<b>1</b>	<b>Reverse Underarm Turn;</b>	Raisg jnd ld hnds XLif, rec R, sd L ( <i>W XRif undr jnd ld hnds trng LF ½. rec L contg LF trn to fc ptr, sd R</i> ) to BFLY WALL, -;
<b>2</b>	<b>New Yorker in 4;</b>	Relg ld hnds XRif ( <i>W XLif</i> ) to OP, rec L to OP-FCG WALL, sd R, rec L;
<b>3</b>	<b>New Yorker;</b>	XRif ( <i>W XLif</i> ) to OP, rec L to fc ptr, sd R to BFLY WALL, -;
<b>4</b>	<b>Fence Line in 4;</b>	In BFLY thruout XLif ( <i>W XRif</i> ) w/ bent knee, rec R, sd L, rec R;
<b>5 - 6</b>	<b>Front Cubans (5) &amp; Side Cubans (5);;</b>	[1&, 2&, 3, -] Thru L, rec R/sd L, rec R/thru L, -; [1&, 2&, 3, -] sd R, rec L/thru R, rec L/sd R, -;
<b>7</b>	<b>Hand to Hand;</b>	XLib ( <i>W XRib</i> ) to OP, rec R to BFLY WALL, sd L, -;
<b>8</b>	<b>Spot Turn;</b>	Rlg hnds XRif ( <i>W XLif</i> ) & trn ½ LF on R ft, rec L & trn ½ LF on L ft, sd R, -;
<b>9</b>	<b>Shoulder to Shoulder;</b>	Jng both hnds to BFLY fwd L to BFLY SCAR, rec R to fc, sd L, -;
<b>10 - 11</b>	<b>Crab Walks;;</b>	XRif ( <i>W XLif</i> ), sd L, XRif ( <i>W XLif</i> ), -; sd L, XRif ( <i>W XLif</i> ), sd L, -;
<b>12</b>	<b>Fence Line;</b>	XRif ( <i>W XLif</i> ) w/ bent knee, rec L, sd R, -;
<b>13-14</b>	<b>Front Cuban &amp; Side Cuban;;</b>	[1&, 2&, 3, -] Thru L, rec R/sd L, rec R/thru L, -; [1&, 2&, 3, -] sd R, rec L/thru R, rec L/sd R, -;
<b>15</b>	<b>Hand to Hand;</b>	XLib ( <i>W XRib</i> ) to OP, rec R to BFLY WALL, sd L, -;
<b>16</b>	<b>Fence Line Cha;</b>	In BFLY thruout XRif ( <i>W XLif</i> ) w/ bent knee, rec L, sd R/cl L, sd R;

### PART B – CHA CHA & RUMBA

<b>1 - 2</b>	<b>Basic Cha;;</b>	Fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R, -;
<b>3</b>	<b>Hop New Yorker;</b>	[&1, 2, 3&4] Hop lightly on R ft/XLif ( <i>W XRif</i> ) to LOP, rec R to fc, sd L/cl R, sd L to BFLY WALL;
<b>4</b>	<b>Spot Turn to CP;</b>	Rlg hnds XRif ( <i>W XLif</i> ) & trn ½ LF on R ft, rec L & trn ½ LF on L ft, sd R/cl L, sd R to CP WALL;
<b>5 - 6</b>	<b>Basic to Fan;;</b>	Fwd L, rec R, sd L/cl R, sd L; bk R, rec L, XRif/rec L, sd R ( <i>W fwd L into M, rec R trng ¼ LF, bk L/lk Rif, bk L to FAN pos</i> );
<b>7 - 8</b>	<b>Rumba Hockey Stick;;</b>	Fwd L, rec R, cl L bringing jnd ld hnds in frt of forehd ( <i>W cl R, fwd L, fwd R lookg at M thru window</i> ), -; sm bk R, rec L, fwd R long step following W ( <i>fwd L, fwd R &amp; trn ¾ LF undr jnd ld hnds, bk L</i> ) to LOP-FCG DRW, -;
<b>9 - 10</b>	<b>Basic Cha to Natural Top;;</b>	Fwd L, rec R, sd L/cl R, sd L trng 1/8 RF to CP RLOD, -; trng RF ¾ over meas XRib, sd L, XRib/sd L, cl R ( <i>W sd L, fwd R btw M's ft, sd L/cl R, sd L</i> ) to CP WALL;
<b>11</b>	<b>Bk Break to SCP;</b>	XLib to SCP LOD, rec R, fwd L/cl R, fwd L;
<b>12</b>	<b>Aida;</b>	Fwd R trng RF, sd L contg RF trn, bk R/lk Lif, bk R to V-BK-TO-BK RLOD;
<b>13</b>	<b>Switch ;</b>	Trng LF to fc ptr sd & bk L, rec R to BFLY WALL, XLif ( <i>W XRif</i> )/sd R, XLif ( <i>W XRif</i> );
<b>14</b>	<b>Side Walks ½;</b>	Sd R, cl L, sd R/cl L, sd R, -;
<b>15-16</b>	<b>Rumba Alemana;;</b>	Rpt meas 3-4 Intro;;
<b>16*</b>	<b>*Last time: to a Lunge</b>	On last step of Alemana lunge sd R twd RLOD xtnd R hnd to sd