



FRIENDS FOR LIFE (Amigos Para Siempre)

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

INTRODUCTION – RUMBA

1 - 2	Wait;;	LOP-FCG WALL, wt 2 meas;;
3 - 4	Alemana;;	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 L sd, -</i>); XRib, rec L, sd R (<i>W fwd L undr jnd ld hnds & swvl RF to fc WALL, fwd R & swvl RF to fc DRC, fwd & sd L to fc M</i>), -;

PART A – RUMBA

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

PART B – CHA CHA & RUMBA

1 - 2	Basic Cha;;	Fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R, -;
3	Hop New Yorker;	[&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;
4	Spot Turn to CP;	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;
5 - 6	Basic to Fan;;	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>);
7 - 8	Rumba Hockey Stick;;	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 & trn ¾ LF undr jnd ld hnds, bk L</i>) to LOP-FCG DRW, -;
9 - 10	Basic Cha to Natural Top;;	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;
11	Bk Break to SCP;	XLib to SCP LOD, rec R, fwd L/cl R, fwd L;
12	Aida;	Fwd R trng RF, sd L contg RF trn, bk R/lk Lif, bk R to V-BK-TO-BK RLOD;
13	Switch Cross;	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>);
14	Side Walks ½;	Sd R, cl L, sd R/cl L, sd R, -;
15-16	Rumba Alemana;;	Rpt meas 3-4 Intro;;
16*	*Last time: to a Lunge	On last step of Alemana lunge sd R twd RLOD xtnd R hnd to sd

FRIENDS FOR LIFE – WOODRUFF – RB/CH IV+2 – 3:48 – MITCHELL

INTRO (RB) (4 meas)

LOP-FCG WALL Wait 2 ;; Alemana ;;

PART A (RB) (16 meas)

Rev Underarm Turn ; New Yorker in 4 ; New Yorker ; Fence Line in 4 ;
Front Cubans and Side Cubans ;; Hand to Hand ; Spot Turn ;
Shoulder to Shoulder ; Crab Walks ;; Fence Line ;
Front Cubans and Side Cubans ;; Hand to Hand ; Fence Line Cha ;

PART B (CH/RB) (16 meas)

Basic Cha ;; Hop New Yorker ; Spot Turn to CP ;
Basic to a Fan ;; Rumba Hockey Stick ;;
Basic Cha to Natural Top ;; Break to SCP ; Aida ;
Switch Cross ; Side Walks ½ ; Rumba Alemana ;;

PART A (RB) (16 meas)

Rev Underarm Turn ; New Yorker in 4 ; New Yorker ; Fence Line in 4 ;
Front Cubans and Side Cubans ;; Hand to Hand ; Spot Turn ;
Shoulder to Shoulder ; Crab Walks ;; Fence Line ;
Front Cubans and Side Cubans ;; Hand to Hand ; Fence Line Cha ;

PART B (CH/RB) (16 meas)

Basic Cha ;; Hop New Yorker ; Spot Turn to CP ;
Basic to a Fan ;; Rumba Hockey Stick ;;
Basic Cha to Natural Top ;; Break to SCP ; Aida ;
Switch Cross ; Side Walks ½ ; Rumba Alemana ;;

PART A (RB) (16 meas)

Rev Underarm Turn ; New Yorker in 4 ; New Yorker ; Fence Line in 4 ;
Front Cubans and Side Cubans ;; Hand to Hand ; Spot Turn ;
Shoulder to Shoulder ; Crab Walks ;; Fence Line ;
Front Cubans and Side Cubans ;; Hand to Hand ; Fence Line Cha ;

PART B (CH/RB) (16 meas)

Basic Cha ;; Hop New Yorker ; Spot Turn to CP ;
Basic to a Fan ;; Rumba Hockey Stick ;;
Basic Cha to Natural Top ;; Break to SCP ; Aida ;
Switch Cross ; Side Walks ½ ; Rumba Alemana to a Lunge ;;