

2 Steps Behind

Count: 0

Wand: 0

Ebene:

Choreograf/in: Frank Cooper (CAN)

Musik: Forever & For Always (Red) - Shania Twain



Sequence: A, A-, A, B, A, A-, A, B, B, A, A-, A, A, A, Ending

PART A

STEP SIDE, STEP TOGETHER, STEP FORWARD, POINT FORWARD, STEP BACK,

- 1-2 (QQ) Step left foot to left side, step right foot beside left (12:00)
3-6 (SS) Step forward on left foot, hold, point right toe forward, hold (12:00)
7-8 (S) Step back on right foot, hold (12:00)

STEP BACK, STEP TOGETHER, STEP FORWARD, STEP FORWARD, STEP FORWARD ½ TURN LEFT

- 9-10 (QQ) Step back on left foot, step together with right foot (12:00)
11-14 (SS) Step forward on left foot, hold, step forward on right foot, hold (12:00)
15-16 (S) Step forward on left foot making a ½ turn left, hold (6:00)

STEP FORWARD, STEP BACK ½ TURN, STEP SIDE ¼ TURN, CROSS ROCK

- 17-18 (QQ) Step forward on right foot, step back on left foot making a ½ turn right (12:00)
19-22 (SS) Step right foot to right side ¼ turn right, hold, rock left over right, hold (3:00)
23-24 (S) Recover onto right foot, hold (3:00)

STEP SIDE, STEP TOGETHER, STEP SIDE, CROSS ROCK

- 25-26 (QQ) Step left foot to left side, step right foot beside left (3:00)
27-30 (SS) Step left foot to left side, hold, rock right foot over left, hold (3:00)
31-32 (S) Recover onto left foot, hold (3:00)

STEP SIDE, STEP TOGETHER, STEP FORWARD ¼ TURN, STEP BACK ½ TURN, STEP BACK

- 33-34 (QQ) Step right foot to right side, step left foot beside right foot (3:00)
35-38 (SS) Step forward on right ¼ turn right, hold, step back on left ½ turn right, hold (12:00)
39-40 (S) Step back on right foot, hold (12:00)

ROCK STEP BACK, STEP FORWARD, STEP BACK ½ TURN, STEP BACK

- 41-42 (QQ) Rock back on left foot, recover onto right foot (12:00)
43-46 (SS) Step forward on left, hold, step back on right ½ turn left, hold (6:00)
47-48 (S) Step back on left, hold (6:00)

ROCK STEP BACK, STEP FORWARD, STEP BACK ½ TURN, STEP SIDE ¼ TURN, TOUCH

- 49-50 (QQ) Rock back on right foot, recover onto left foot (6:00)
51-54 (SS) Step forward on right, hold, step back on left ½ turn right, hold (12:00)
55-56 (QQ) Step right foot to right side ¼ turn right, touch left toe beside right (3:00)

PART A-

Do the dance up to count 46 then

- 47 Touch the left toe beside the right
48 Hold

Begin again

PART B

Do the dance up to count 24. To get to count 32 you will make the following change for counts 25-32

- 25-26 Step left foot to left side, hold

27-28 Step right foot over left, hold
29-30 Step left foot to left side, hold
31-32 Step right foot behind left, hold

Begin again

ENDING

Start the dance from the beginning. Instead of a $\frac{1}{2}$ turn on count 16, make a $\frac{1}{4}$ turn to the left to face the front
