

# You Are Forever In My Heart (在心裡從此永遠有個你) (zh)

COPPER KNOB  
STEPSHEETS

Count: 32

Wall: 2

Level: Absolute Beginner

Choreographer: Nina Chen (TW) - 2017年11月

Music: You Are Forever In My Heart (在心裡從此永遠有個你) - Ziling Liu (劉紫玲)



**Intro: 32 counts - No Tag ! No Restart !!**

## **Sec 1: ROCKING CHAIR, SIDE - TOGETHER, R CHASSE**

1-4 Rock RF fwd - Recover on LF - Rock RF back - Recover on LF  
5-6, 7&8 Step RF to R - Step LF beside RF, Step RF to R - Step LF beside RF - Step RF to R  
1-4 右足前下沉 - 重心回左足 - 右足後下沉 - 重心回左足  
5-6, 7&8 右足右踏 - 左足併踏右足旁, 右足右踏 - 左足併踏右足旁 - 右足右踏

## **Sec 2: ROCKING CHAIR, SIDE - TOGETHER, L CHASSE**

1-4 Rock LF fwd - Recover on RF - Rock LF back - Recover on RF  
5-6, 7&8 Step LF to L - Step RF beside LF, Step LF to L - Step RF beside LF - Step LF to L  
1-4 左足前下沉 - 重心回右足 - 左足後下沉 - 重心回右足  
5-6, 7&8 左足左踏 - 右足併踏左足旁, 左足左踏 - 右足併踏左足旁 - 左足左踏

## **Sec 3: ROCK FWD - RECOVER, BACK SHUFFLE, ROCK BACK - RECOVER, FWD SHUFFLE**

1-2, 3&4 Rock RF fwd - Recover on LF, Step RF back - Cross LF over RF - Step RF back  
5-6, 7&8 Rock LF back - Recover on RF, Step LF fwd - Step RF beside LF - Step LF fwd  
1-2, 3&4 右足前下沉 - 重心回左足, 右足後踏 - 左足跨於右足前 - 右足後踏  
5-6, 7&8 左足後下沉 - 重心回右足, 左足前踏 - 右足併踏左足旁 - 左足前踏

## **Sec 4: SIDE ROCK - RECOVER, CHA CHA CHA, ROCK FWD - RECOVER, FWD SHUFFLE 1/2 L**

1-2, 3&4 Rock RF to R - Recover on LF, Step RF beside LF - Step LF in place - Step RF in place  
5-6, 7&8 Rock LF fwd - Recover on RF, 1/4 turn L (9:00) step LF fwd - Step RF beside LF - 1/4 turn L (6:00) step LF fwd  
1-2, 3&4 右足右下沉 - 重心回左足, 右足併踏左足旁 - 左足原地踏 - 右足原地踏  
5-6, 7&8 左足前下沉 - 重心回右足, 左轉1/4 (9:00) 左足前踏 - 右足併踏左足旁 - 左轉1/4 (6:00) 左足前踏

**Have Fun & Happy Dancing !!!**

Contact Nina Chen : [nina.teach.dance@gmail.com](mailto:nina.teach.dance@gmail.com)