

Always Forever

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Leann O'Neill

Musique: Forever and for Always - Shania Twain



The choreographer was age 15 when this dance was written

Start when she sings; "I can hear your heartbeat now"

ROCK STEP; CROSS STEP CROSS; ROCK STEP; BEHIND STEP CROSS

- 1-2 Rock right out to right side; recover weight onto left
- 3&4 Cross right over left; step left to left side; cross right over left
- 5-6 Rock left out to left side; recover weight onto right
- 7&8 Step left foot behind right; step right foot to right side; cross left over right

POINT STEP; FULL TURN; ROCK & TOGETHER; BEHIND SIDE CROSS

- 1&2 Point right to right side; then do a full turn over right (keeping weight on right)
- 3&4 Rock left to left side; recover weight onto right; step left beside right
- 5-6 Rock right to right side; recover weight onto left foot
- 7&8 Step right foot behind left; step left to left side; cross right over left

¾ SHUFFLE TURN; STEP BACK RIGHT & LEFT; ¾ SHUFFLE TURN; POINT LEFT & STEP

- 1&2 Do a ¾ shuffle turn over right stepping right, left, right
- 3-4 Step back on right foot; step back on left foot
- 5&6 Do a ¾ shuffle turn over right stepping right, left, right
- 7-8 Point left foot to left side; step left foot forward.(slightly crossing over right)

HIP BUMPS; RIGHT COASTER STEP; ¾ CHUG TURNS

- 1&2 Stepping forward on right bump right hip forward, bump right hip back, bump right hip forward
- 3&4 Step back on right; bring left beside right; forward on right
- 5-6 Chug left foot into a ½ turn right, chug left foot into a ¼ turn right
- 7&8 Cross left foot over right; step right to side; cross left foot over right

REPEAT
