

Forever or History

拍数: 64 墙数: 4 级数: High Beginner
编舞者: George de Baat (NL) & John Warnars (NL) - April 2015
音乐: Stories We Could Tell - The Mavericks : (CD: Mono)



Intro : 16 counts.

Info : No Tags/Restarts. □□

S1: ¼ R TOE HEEL STRUT, ¼ R TOE HEEL STRUT, CROSS ROCK BACK, RECOVER, SIDE STEP, KICK

- 1 RF □ step on right toe with ¼ turn right (3)
- 2 RF □ drop heel down
- 3 LF □ step on left toe with ¼ turn right (6)
- 4 LF □ drop heel down
- 5 RF □ cross behind LF
- 6 LF □ recover on left
- 7 RF □ step to right side
- 8 LF □ kick diagonally left forward

S2: WEAVE 3, SWEEP, CROSS, SIDE, CROSS, HOLD

- 1 LF □ cross behind RF
- 2 RF □ step to right side
- 3 LF □ cross LF over RF
- 4 RF □ step forwards with sweep
- 5 RF □ cross RF over LF
- 6 LF □ step to left side
- 7 RF □ cross RF over LF
- 8 hold

S3: ¼ L TOE HEEL STRUT, ¼ L TOE HEEL STRUT, CROSS ROCK BACK, RECOVER, SIDE STEP, KICK

- 1 LF □ step on left toe with ¼ turn left (3)
- 2 LV □ drop heel down
- 3 RF □ step on right toe with ¼ turn left (12)
- 4 RF □ drop heel down
- 5 LF □ cross LF behind RF
- 6 RF □ recover on right
- 7 LF □ step to left side
- 8 RF □ kick diagonally right forward

S4: WEAVE 3, SWEEP, CROSS, SIDE, CROSS, HOLD

- 1 RF □ cross RF behind LF
- 2 LF □ step to left side
- 3 RF □ cross RF over LF
- 4 LF □ step forwards with sweep
- 5 LF □ cross LF over RF
- 6 RF □ step to right side
- 7 LF □ cross LF over RF

S5: ½ RUMBA BOX R, HOLD, ½ RUMBA BOX L, HOLD

- 1 RF □ step to right side
- 2 LF □ step next to RF
- 3 RF □ step backwards
- 4 hold

- 5 LF□step to left side
- 6 RF□step next to LF
- 7 LF□step backwards
- 8 hold

S6: ROCK BACK, RECOVER, ¼ R STEP FWD, HOLD, SIDE, TOGETHER, STEP BACK, HOLD

- 1 RF□rock backwards
- 2 LF□recover on left
- 3 RF□¼ turn right, step forwards (3)
- 4 hold
- 5 LF□step to left side
- 6 RF□step next to LF
- 7 LF□step backwards
- 8 hold

S7: STEP, LOCK, STEP, HOLD, SLOW COASTER STEP, HOLD

- 1 RF□step backwards
- 2 LF□cross LF over RF
- 3 RF□step backwards
- 4 hold
- 5 LF□step backwards
- 6 RF□step next to LF
- 7 LF□step forwards
- 8 hold

S8: STEP FWD, ½ PIVOT L, STEP FWD, HOLD, ½L STEP BACK, ½ L STEP FWD, STEP FWD, HOLD

- 1 RF□step forwards
- 2 RF+LF□make ½ turn left (9)
- 3 RF□step forwards
- 4 hold
- 5 LF□step with ½ turn right backwards (3)
- 6 RF□step with ½ turn right forwards (9)
- 7 LF□step forwards
- 8 hold

Start again

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