

# I Feel Forever

拍数: 64      墙数: 4      级数:  
编舞者: Erica de Vaan (NL) - November 2015  
音乐: I Feel Forever - Greg Holland



**Intro: 32 counts (starting from beats) (Note: dance starts 2 counts before singing)**

**S1: Side, rock step, chassé R, rock step, chasse L**

1                    LF step L  
2 – 3                RF rock back – recover on L  
4 & 5                RF step R – LF close – RF step R  
6 – 7                LF rock fwd – recover on R  
8 & 1                LF step L – RF close – LF step L

**S2: Rock step, shuffle fwd, shuffle 1/2 turn R (x2),**

2 – 3                RF rock back – recover on L  
4 & 5                RF step fwd – LF close – RF step fwd  
6 & 7                LF step ¼ R – RF close – LF step ¼ R  
8 & 1                RF step ¼ R – LF close – RF step ¼ R

**(Option count 4 - 1: 3x shuffle fwd)**

**S3: Rock step, step back, slide, rock step, shuffle fwd**

2 – 3                LF rock fwd – recover on R  
4 – 5                LF step back – RF slide to LF  
6 – 7                RF rock back – recover on L  
8 & 1                RF step fwd – LF close – RF step fwd

**S4: Pivot 1/4 R, cross, hold, hip sways, chassé R**

2 – 3                LF step fwd – LV&RV ¼ turn R  
4 – 5                LF cross over – Hold  
6 – 7                RF step R and sway hip R – L  
8 & 1                RF side step – LF close – RF side step

**Restart in the 5th wall: [3] (you can hear it in the music, different melody)**

**Dance count 6 - 7 from section 4 and finish with:**

8                    Sway hip to the R

**Start over with the dance:**

1                    LF step L

**S5: Points, coaster step 1/4 L, walk R L, shuffle fwd**

2 – 3                LF touch fwd – LF touch L  
4 & 5                LF ¼ L step back – RF close – LF step fwd  
6 – 7                RF step fwd – LF step fwd  
8 & 1                RF step fwd – LF close – RF step fwd

**S6: Rock step, sailor step (x2), sailor step 1/4 L**

2 – 3                LF rock fwd – recover on R  
4 & 5                LF cross behind – RF step out – LF step out  
6 & 7                RF cross behind – LF step out – RF step out  
8 & 1                LF cross behind ¼ L – RF step out – LF step out

**S7: Paddle with hiproll 3x in 1/2 turn L, shuffle fwd**

2 – 3                RF step fwd on ball – weight back on LF 1/6 L

4 – 5            RF step fwd on ball – weight back on LF 1/6 L  
6 – 7            RF step fwd on ball - weight back on LF 1/6 L  
8 & 1            RF step fwd – LF close – RF step fwd

**Paddle turn: roll your hips**

**S8: Rock step, step back, slide, slow coaster cross**

2 – 3            LF rock fwd – recover on R  
4 – 5            LF step back – RF slide to LF  
6 – 7            RF step back – LF close  
8                RF cross over

**START AGAIN! (1 LF step L)**

**Tag: Do the dance 2x competely [6] and then add this Tag (12 counts):**

**Side, rock step, chassé ¼ R, step, pivot ½ R, ¼ R chassé L, Step R, slide**

1                LF step L  
2 – 3            RF rock back – recover on L  
4 & 5            RF step R – LF close – RF step ¼ R  
6 – 7            LF step fwd – LV&RV turn ½ R  
8 & 1            LF ¼ R step L – RF close – LF step L  
2 – 3 – 4        RF big step R – LF slide to RF (2 counts)

**Start the dance again [6]**

**Finish: the dance ends in the 7th wall [6] :**

**\*After the sailorsteps (count 6 & 7 section 6), dance a sailorstep**

**\*1/2 turn L [12], RF rock fwd, recover on L, RF slide across**

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