

For Evigt (Forever)

COPPERKNOB
BY SHEETS

拍数: 248 墙数: 2 级数: Phrased Intermediate
编舞者: Jeannette Rosenbäck (DK) - July 2016
音乐: For Evigt (feat. Johan Olsen) - Volbeat : (Album: Seal the Deal & Let's Boogie - Deluxe)



Type of dance: 2 Wall A B: A=80 count, B=168 count, Waltz (fast beat) 2 restarts + ending
Sequence: A, A, A (with restart after 72 count) A, A (start part B after 72 count) B, A (with restart after 64 count) A, Ending

Intro: 32 count (start the Dance after section 4 Weight on L, with Rock recover)

PART A: 80 count

A1: VINE, CROSS, SIDE ROCK, RECOVER, CROSS, HOLD

1-2-3-4 R to R side (1), L behind R (2), R to R side (3), cross L over R (4)
5-6-7-8 Rock R to R side (5), recover to L (6), cross R over L (7), hold (8)

A2: 1/4 TURN R, HOLD, SHUFFLE 1/2, HOLD

1-2-3-4 1/4 turn R stepping back L (1), R beside L (2), L back (3), hold (4)
5-6-7-8 Shuffle 1/2 R, R (5), L (6), R (7), hold (8)

A3: VINE, CROSS, SIDE ROCK, RECOVER, CROSS, HOLD

1-2-3-4 L to L side (1), R behind L (2), L to L side (3), cross R over L (4)
5-6-7-8 Rock L to L side (5), recover R (6), cross L over R (7), hold (8)

A4: 1/4 TURN L, HOLD, SHUFFLE 1/2, HOLD

1-2-3-4 1/4 turn L stepping back R (1), L beside R (2), R back (3), hold (4)
5-6-7-8 Shuffle 1/2 L, L (5), R (6), L (7), hold (8)

NB: START THE DANCE HERE

A5: ROCK, RECOVER, 1/2 TURN, HOLD, ROCK, RECOVER, 1/4 TURN, HOLD

1-2-3-4 Rock R fwd (1), recover L (2), 1/2 turn R stepping R fwd (3), hold (4)(6.00)
5-6-7-8 Rock L fwd (5), recover R (6), 1/4 turn L stepping L to L side (7), hold (8)(3.00)

A6: ROCK, RECOVER, 1/2 TURN, HOLD, ROCK, RECOVER, 1/4 TURN, HOLD

1-2-3-4 Rock R fwd (1), recover L (2), 1/2 turn R stepping R fwd (3), hold (4)(9.00)
5-6-7-8 Rock L fwd (5), recover R (6), 1/4 turn L stepping L to L side (7), hold (8)(6.00)

A7: WEAVE, CROSS ROCK, RECOVER, SIDE , HOLD

1-2-3-4 Cross R over L (1), L to L side (2), R behind L (3), L to L side (4)
5-6-7-8 Rock R over L (5), recover L (6), R to R side (7), hold (8)(6.00)

A8: WEAVE 1/4 TURN, STEP, 1/2 TURN, STEP, HOLD

1-2-3-4 Cross L over R (1), R to R side (2), L behind R (3), 1/4 turn R stepping R fwd (4)(9.00)
5-6-7-8 L fwd (5), 1/2 turn R stepping R fwd (6), L fwd (7), hold (8)(3.00)

Restart: on 6th Wall

NB: Replace Step 1/2 turn step, hold, with:

STEP, 1/4 TURN, CROSS, HOLD

5-6-7-8 L fwd (5), 1/4 turn R stepping L to L side (6), cross L over R (7), hold (8)(12.00)

A9: POINT, TOGETHER, POINT, TOGETHER, 1/4 L POINT, TOGETHER, POINT, TOGETHER

1-2-3-4 Point R to R side (1), R beside L (2), point L to L side (3), L beside R (4)
5-6-7-8 Turn 1/4 L pointing R to R side (5), R beside L (6), point L to L side (7), L beside R (8)(12.00)

Restart: on 3rd wall and start part B on 5th wall

A10: SHUFFLE 1/2 TURN L, HOLD, COASTER STEP, HOLD

- 1-2-3-4 Turn 1/4 L stepping R to R side (1), L together R (2), turn 1/4 L stepping R back (3), hold (4)(6.00)
5-6-7-8 Step L back (5), R together L (6), L fwd (7), hold (8)(6.00)

PART B: 168 count Type: Waltz (fast beat) Starting on back wall (6.00)**B1: STEP SWEEP, STEP SWEEP, STEP, HOLD, HOLD, 1/4 R, HOLD, HOLD**

- 1-2-3-4-5-6 R fwd (1), sweep L fwd (2-3), L fwd (4), sweep R fwd (5-6)(6.00)
1-2-3-4-5-6 R fwd (1), hold (2-3), 1/4 turn R stepping L to L side (4), hold (5-6)(9.00)

B2: STEP BEHIND, HOLD, HOLD, 1/4 R, HOLD, HOLD, TOGETHER, HOLD, HOLD, FWD, HOLD, HOLD

- 1-2-3-4-5-6 R behind L (1), hold (2-3), 1/4 turn R stepping L back (4), hold (5-6)(12.00)
1-2-3-4-5-6 R beside L (1), hold (2-3), L fwd (4), hold (5-6)(12.00)

B3: STEP SWEEP, STEP SWEEP, STEP, HOLD, HOLD, 1/4 R, HOLD, HOLD

- 1-2-3-4-5-6 R fwd (1), sweep L fwd (2-3), L fwd (4), sweep R fwd (5-6)(12.00)
1-2-3-4-5-6 R fwd (1), hold (2-3), 1/4 turn R stepping L to L side (4), hold (5-6)(3.00)

B4: STEP BEHIND, HOLD, HOLD, 1/4 R, HOLD, HOLD, TOGETHER, HOLD, HOLD, FWD, HOLD, HOLD

- 1-2-3-4-5-6 R behind L (1), hold (2-3), 1/4 turn R stepping L back (4), hold (5-6)(6.00)
1-2-3-4-5-6 R beside L (1), hold (2-3), L fwd (4), hold (5-6)(6.00)

B5: STEP R, HOLD, HOLD, STEP L, HOLD, HOLD, ROCKING CHAIR

- 1-2-3-4-5-6 R fwd (1), hold (2-3) L fwd (4), hold (5-6)(6.00)
1-2-3-4-5-6 Rock R fwd (1), recover L (2), hold (3), rock R back (4), recover L (5), hold (6)(6.00)

B6: STEP, HOLD, HOLD, 1/2 TURN L, HOLD, HOLD, 1/4 TURN L, HOLD, HOLD, SWAY

- 1-2-3-4-5-6 R fwd (1), hold (2-3), 1/2 turn L stepping L fwd (4), hold (5-6)(12.00)
1-2-3-4-5-6 1/4 turn L stepping R to R side (1), hold (2-3), sway to the L (4-5-6)(9.00)

B7: SWAY, SWAY, STEP, HOLD, HOLD, 1/2 TURN L, HOLD, HOLD

- 1-2-3-4-5-6 Sway to the R (1-2-3) sway to the L (4-5-6)(9.00)
1-2-3-4-5-6 R fwd (1), hold (2-3), 1/2 turn L stepping L fwd (4), hold (5-6)(3.00)

B8: 1/4 TURN L, HOLD, HOLD, SWAY, SWAY, SWAY

- 1-2-3-4-5-6 1/4 turn L stepping R to R side (1), hold (2-3), sway to the L (4-5-6)(12.00)
1-2-3-4-5-6 Sway to the R (1-2-3) sway to the L (4-5-6)(12.00)

B9: ROCK, RECOVER, 1/2 TURN, ROCK, RECOVER, 1/4 TURN

- 1-2-3-4-5-6 Rock R fwd (1) recover L (2), hold (3), 1/2 turn R (4), hold (5-6)(6.00)
1-2-3-4-5-6 Rock L fwd (1) recover R (2), hold (3), 1/4 L stepping L to L side (4), hold (5-6)(3.00)

B10: ROCK, RECOVER, 1/2 TURN, ROCK, RECOVER, 1/4 TURN

- 1-2-3-4-5-6 Rock R fwd (1) recover L (2), hold (3), 1/2 turn R (4), hold (5-6)(9.00)
1-2-3-4-5-6 Rock L fwd (1) recover R (2), hold (3), 1/4 L stepping L to L side (4), hold (5-6)(6.00)

B11: STEP, SWEEP, STEP, SWEEP, STEP, SWEEP, STEP, SWEEP

- 1-2-3-4-5-6 R fwd (1) sweep L fwd (2-3) L fwd (4) sweep R fwd (5-6)(6.00)
1-2-3-4-5-6 R fwd (1) sweep L fwd (2-3) L fwd (4) sweep R fwd (5-6)(6.00)

B12: ROCK, STEP, 1/2 TURN, ROCK, STEP, 1/4 TURN

- 1-2-3-4-5-6 Rock R fwd (1) recover L (2), hold (3), 1/2 turn R (4), hold (5-6)(12.00)
1-2-3-4-5-6 Rock L fwd (1) recover R (2), hold (3), 1/4 L stepping L to L side (4), hold (5-6)(9.00)

B13: ROCK, RECOVER, 1/2 TURN, ROCK, RECOVER, 1/4 TURN

- 1-2-3-4-5-6 Rock R fwd (1) recover L (2), hold (3), 1/2 turn R (4), hold (5-6)(3.00)

1-2-3-4-5-6 Rock L fwd (1) recover R (2), hold (3), 1/4 L stepping L to L side (4), hold (5-6)(12.00)

B14: STEP, SWEEP, STEP, SWEEP, STEP, SWEEP, STEP, SWEEP

1-2-3-4-5-6 R fwd (1) sweep L fwd (2-3) L fwd (4) sweep R fwd (5-6)(12.00)

1-2-3-4-5-6 R fwd (1) sweep L fwd (2-3) L fwd (4) sweep R fwd (5-6)(12.00)

ENDING: after 7th Wall

SHUFFLE, HOLD, STEP TURN STEP, HOLD, STEP R FWD. TA DAA...

1-2-3-4 R fwd (1), L together (2), R fwd (3), hold (4)(6.00)

5-6-7-8 L fwd (5), 1/2 turn R (6), L fwd (7), hold (8)(12.00)

1 R fwd (1), ta daaa!(12.00)

Dance, Smile and Have Fun!

Contact: jeannetterosenback@hotmail.com
