

Be My Ever

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Michael O'Shea (IRE) - January 2017
音乐: 'Forever Girl' by Frankie Z



#16 Count Intro.

S1: Cross, sweep, cross, side, back rock, side touch

1-2 cross right over left, sweep left around in front of right
3-4 cross step left over right, step right to right side
5-6 rock back left, replace weight to right
7-8 step left to left side, touch right beside left (6:00)

S2: Side, touch, kick, back, touch, kick & step rock step, turn ¼

&1-2 jump right to right side, touch left beside right, kick left foot fwd
&3-4 step back left, touch right beside left, kick right fwd
&5 step onto right, step fwd left
6-7 rock fwd right, replace weight to left
8 turning ¼ turn right step right to right side (3:00)

S3: Cross, side, back rock, side, back rock, side

1-2 cross left over right, step right to right side
3-4 rock back left, replace weight to right
5 step left to left side
6-7 rock back right, replace weight to left
8 step right to right side (3:00)

S4: Close, side, hold, & step, touch, side, together, shuffle fwd

&1-2 close left to right, step right to right side, HOLD
&3-4 close left to right, step right foot fwd, touch left beside right
5-6 step left to left side, close right beside left
7&8 shuffle fwd left, right, left (3:00)

S5: Kick back touch & kick back touch, out, out, hold & walk walk

1&2 kick right foot fwd, step back right, touch left beside right
&3&4 step back left, kick right foot fwd, step back right, touch left beside right
&5-6 step left to left side, step right to right side, HOLD
&7-8 step onto left, step fwd right, step fwd left (3:00)

S6: Rock step, turn ¼, hold, sailor step, behind, side, touch

1-2 rock fwd right, replace weight to left
3-4 turning ¼ turn right step right to right side, HOLD
&5-6 step left behind right, step right to right, step left to left side (modified sailor step)
7&8 step right behind left, step left to left side, touch right beside left (6:00)

S7: Side, touch, back, heel, hold, close step, rocking chair

&1&2 step right to right side, touch left beside right, step back on left, touch right heel fwd
3&4 HOLD, step onto right, step left fwd
5-6 rock fwd right, replace weight to left
7-8 rock back right, replace weight to left (6:00)

S8: ¼ sway touch, ¼ back touch, ¼ sway touch, step ¼, flick

1-2 turning ¼ turn left step right to right side, touch (9:00)

Arm sway: sway your right arm down & out on count 1, click fingers on count 2

3-4 step left to left side, turning ¼ turn right touch right beside left, clap (6:00)

5-6 turning ¼ turn right step right to right side, point left to left side (3:00)

Arm sway: sway left arm down & out on count 5, click fingers on count 6

7-8 turning ¼ turn left step left foot fwd, flick right foot (6:00)

Begin Again. NO Tags, NO Restarts!

Contact: michael@inline.ie - www.inline.ie
