Be Mine Forever



编舞者: Christine Stewart (NZ) - March 2019

音乐: Be My Forever by Christina Perri & Ed Sheeran 3:20



SEQUENCE: A, B, B, A, B, B, A, a (insert 4 count TAG* after count 20), B, B, A

Intro: 24 counts: (dance starts slightly before the lyrics kick in)
Begin facing 12:00 with weight on Left and Right touched beside Left

PART A: 64 counts

[1 - 8] ROCK FORWARD, RECOVER BACK, BACK KICK, BACK KICK, BACK KICK

1-8 Step/rock forward onto Right, recover back onto Left, step Right back, kick Left forward, step Left back, kick Right forward, step Right back, kick Left forward

[9 - 16] COASTER BACK, HOLD, STEP-LOCK-STEP, HOLD

Step Left back, step onto Right beside Left, step Left forward, hold
 Step Right forward, cross Left behind Right, step Right forward, hold

[17 - 24] STEP LEFT FORWARD, ¼ PIVOT TURN RIGHT, CROSS, HOLD, ½ TURN LEFT, CROSS, HOLD

1-4 Step Left forward, turn ¼ right on balls of both feet transferring weight onto Right, cross Left over in front of Right, hold*

Insert TAG here after the above 4 counts facing 3:00 during the 4th repetition of PART A then do PART B which will start facing 6:00

5-8 Step Right back and turn ¼ left (12:00), turn ¼ left and step Left sideways left (9:00), cross Right over in front of Left, hold

[25 – 32] SIDE TOUCH, SIDE TOUCH, SIDE TOGETHER, STEP FORWARD, TOUCH

1-4 Step Left sideways left, touch Right beside Left, step Right sideways Right, touch Left beside Right (weight remains on Right)

5-8 Step Left sideways left, step onto Right beside Left, step Left forward, touch Right beside Left

[33 – 40] SIDE TOUCH, SIDE TOUCH, SIDE TOGETHER, BACK, HOLD

1-4 Step Right sideways right, touch Left beside Right, step Left sideways left, touch Right beside Left (weight remains on Left)

5-8 Step Right sideways right, step onto Left beside Right, step Right back, hold

[41 – 48] SIDE TOGETHER, ¼ TURN LEFT, HOLD, STEP BACK, ½ TURN LEFT, STEP FORWARD, HOLD

1-4 Step Left sideways left, step onto Right beside Left, turn ¼ left and step Left forward (6:00), hold

5-8 Step Right back, turn ½ left and step Left forward, step forward onto Right, hold (12:00)

[49 – 56] ROCK FORWARD, RECOVER BACK, STEP BACK, HOLD, ROCK BACK, RECOVER FORWARD, STEP FORWARD, HOLD

Step/rock Left forward, recover back onto Right, step Left back, hold
 Step/rock Right back, recover forward onto Left, step Right forward, hold

[57 - 64] V STEP (WITH HOLDS), TOUCH, HOLD

1-4 Step Left forward and slightly to left diagonal (45 deg), hold, step Right forward and slightly to

Right diagonal (45 deg) (feet should be about shoulder width apart), hold

5-8 Step Left foot back to centre, hold, touch Right beside Left, hold (12:00)

TAG* Insert TAG, facing 3:00, after completing counts 17 - 20 during the 4th repetition of PART A then do PART B which will start facing 6:00

[1 – 4] ¼ TUR	N LEFT, ½ TURN LEFT, RUN FORWARD
1-2	Turn ¼ left and step Right back (12:00), turn ½ left and step Left forward (6:00)
3-4	"Run" forward with Right, then with Left then do Part B twice
PART B: 32 c	ounts
[1 – 8] STEP I (i.e. "K" step)	FORWARD, TOUCH, STEP BACK, TOUCH, STEP BACK, TOUCH, STEP FORWARD, TOUCH
1-4	Step Right forward on right diagonal, touch Left beside Right, step Left diagonally back, touch Right beside Left (approx 1:00)
5-8	Step Right back on right diagonal, touch Left beside Right, step Left forward on left diagonal, touch Right beside Left
[9 – 16] GRAF	PEVINE RIGHT, TOUCH, GRAPEVINE LEFT WITH ¼ TURN LEFT, BRUSH
1-4	Step Right sideways right, step/cross Left behind Right, step Right sideways right, touch Left beside Right
5-8	Step Left sideways left, step/cross Right behind Left, turn ¼ left and step Left forward (9:00), brush Right forward
[17 – 24] ROC	CKING CHAIR, ¼ PIVOT LEFT, ¼ PIVOT LEFT
1-4	Step/rock Right forward, recover back onto Left, step/rock Right back, recover forward onto Left
5-6	Step Right forward, turn ¼ left on balls of both feet transferring weight onto Left (6:00)
7-8	Step Right forward, turn ¼ left on balls of both feet transferring weight onto Left (3:00)
[25 – 32] JAZZ	Z BOX WITH STRUTS
1-2	Cross ball of Right over in front of Left, lower Right heel to the floor

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Step Left back on ball of foot, lower Left heel to the floor

Step Right to right side on ball of foot, lower Right heel to the floor

Step Left forward slightly on ball of foot, lower Left heel to the floor

3-4

5-6

7-8