

Love Is Forever

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Intermediate
编舞者: Freya Steinhagen (DE) - March 2019
音乐: Love Is Forever - Leonora : (from Denmark at Esc 2019)



Lyrics & Composer: Lise Cabble, Melanie Wehbe, Emil Rosendal Lei

Intro: 4 counts, dance starts with the lyrics

Tags: Tag 1 after wall 1: + 2 counts and Tag 2 after wall 2: + 4 counts

Ending : with Tag 1: + 2 counts

Big Step, ¼ Turn l, Big Step, ¼ Turn l, Shuffle forward, Step, ½ Turn r, Step

1-2 Big step RF forward, turn 1/4 left (weight to LF)
3-4 Big step RF forward, turn 1/4 left (weight to LF) (6:00),
5&6 Step RF forward, step LF together, step RF forward
7&8 Step LF forward, turn ½ right (weight to RF), step LF forward (12:00),

Walk, Walk, 3 Heel Bounces with ¼ Turn r, Sailor ¼ Turn l, Walk, Walk

1-2 Step RF forward, step LF forward,
3&4 Bounce both heels 3 times and turn ¼ to the right, (weight on RF), (3:00),
5&6 Cross LF behind RF and turn 1/4 to the left, Step RF to right side, Step LF to left side (12:00)
7-8 Step RF forward, step LF forward

Mambo forward, Mambo back; Kick Ball Change; 2x

1&2 Rock RF forward, recover onto LF, step RF together,
3&4 Rock LF back, recover onto RF, step LF forward together,
5&6 Kick RF forward, Step on RF ball, Step on LF in place,
7&8 Kick RF forward, Step on RF ball, Step on LF in place

Side Rock, Behind Side Cross; r + l

1-2 Rock RF to the side, recover weight on to LF in place,
3&4 Cross step RF behind LF, step LF to left side, cross step RF over LF,
5-6 Rock LF to the side, recover weight on to RF in place,
7&8 Cross step LF behind RF, step RF to right side, cross step LF over RF,

Diag. Shuffle forward, Touch; Diag. Shuffle forward, Touch; Rocking Chair; Step, ½ Turn l, Step, Hold

1&2 Step RF diagonally forward right, step LF beside RF, step RF diagonally forward right,
& LF touch beside RF,
3&4 Step LF diagonally forward left, step RF beside LF, step LF diagonally forward left,
& RF touch beside LF,
5& RF Rock forward, Recover on LF,
6& RF Rock back, Recover on LF,
7&8 Step RF forward, turn ½ left (weight to LF), (6:00), step RF forward,

Rumba Box, Shuffle ½ Turn l, Side Rock

1&2 Step LF to left side, Step RF next to LF, Step forward on LF touching RF next to LF,
3&4 Step RF to right side, Step LF next to RF, Step back on RF,
5&6 Turn ¼ left with LF and close RF next to LF, turn ¼ left with LF forward, (12:00)
7-8 Rock RF to the side, recover weight on to LF in place

Cross, Unwind, Dorothy Steps (Diagonal Locking Steps) l + r, Step, ½ Turn r

1-2 Cross RF over LF, unwind ½ left, (6:00)
3-4 Step left diagonally forward with LF, lock RF behind LF

& And step left diagonally forward with LF,
5-6 Step right diagonally forward with RF, lock LF behind RF
& And step right diagonally forward with RF,
7-8 Step LF forward, turn ½ right (weight to RF), (12:00)

Dorothy Steps (Diagonal Locking Steps) l + r, Walk, Walk, Shorty Georg: Run, Run, Run, Run

1-2 Step left diagonally forward with LF, lock RF behind LF
& And step left diagonally forward with LF,
3-4 Step right diagonally forward with RF, lock LF behind RF
& And step right diagonally forward with RF,
5-6 Step LF forward, step RF forward,
7&8& 4 running steps forward (l, r, l, r) - swivel your knees while walking (Shorty George)

Tag 1: Stomp, Hold

1 Stomp with LF,
2 Hold

Tag 2: Stomp, Hold, Sway, Sway

1-2 Stomp with LF, hold
3-4 Sway hips right and left

Start again
