

# Forever and Ever

COPPER KNOB  
STEP SHEETS

拍数: 32      墙数: 4      级数: Advanced Rolling Count  
编舞者: Nathan Gardiner (SCO) - August 2019  
音乐: Lover - Taylor Swift



Intro: 16 counts start on vocals

**Step Forward with Sweep, Cross, Side R, Behind with Sweep, Behind, Side L, Rock Forward, Recover, ½ R, ½ R, Rock Back, Recover**

1            Step forward on R (Slightly across L) sweeping L from back to front  
2a3        Cross L over R, Step R to R side, Step L behind R sweeping R from front to back  
4a        Step R behind L, Step L to L side  
5-6        Rock forward on R, Recover on L  
a7        ½ R stepping forward on R, ½ R stepping back on L sweeping R from front to back  
8a        Rock back on R (slightly pressing back) Recover on L

**Restart Point: Wall 3**

**Step Back with Sweep, Behind, Side, Cross with Sweep, Cross, Ball, Cross Rock, Recover, ¼ R, ½ R, ½ R, ½ R**

1            Step back on R sweeping L from front to back  
2a3        Step L behind R, Step R to R side, Cross L over R sweeping R from back to front  
4a        Cross R over L, Step L slightly to L side  
5-6        Cross rock R over L, Recover on L

**Ending: Wall 9 see please see bottom of step sheet**

7a8a       ¼ R stepping forward on R, ½ R stepping back on L, ½ R stepping forward on R, ½ R stepping back on L

**Restart Point: Wall 7**

**¼ R into Side Rock, Recover, ¼ L, Rock Back, Recover, ¼ R, Rock Back, Recover, Run ¾ R**

1-2a       ¼ R rocking out to R side, Recover on L, ¼ L stepping R to R side  
3-4a       Rock back on L, Recover on R, ¼ L stepping L to L side  
5-6        Rock back on R, Recover on L  
7a8a       Run ¾ R stepping R, L, R, L

**Step Forward with Sweep, Cross, Side R, Point Back, Unwind ½ L, Step Pivot ½ L, Step Forward, ½ R, Rock Back, Recover, Full Turn L**

1            Step forward on R sweeping L from back to front  
2a3        Cross L over R, Step R to R side, Point L back  
4a5        Unwind ½ L, Step forward on R, Pivot ½ L  
6a7        Step forward on R, ½ R stepping back on L, Rock back on R  
8&a        Recover on L, ½ L stepping back on R, ½ L stepping forward on L

**Restart 1: On wall 3 dance first 8 counts then restart the dance**

**Restart 2: On wall 7 dance 16a counts then do a ¼ R stepping forward on R to restart the dance**

**Ending: On wall 9 dance 14 counts then do a Ball Cross Unwind ½ R to finish facing the front**

Contact: [nathan.gardiner1998@hotmail.co.uk](mailto:nathan.gardiner1998@hotmail.co.uk)