

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

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