

Ever and Ever

拍数: 32 墙数: 4 级数: Improver
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音乐: Forever and Ever - Demis Roussos



Intro: 32 Count

Restart After 24C on wall 6

#1 CROSS, SIDE, BACK, SWEEP, BACK,LIFT, BACK, HOOK

- 1 – 2 Step RF cross over LF, step LF to L side,
- 3 – 4 Step RF bckwd, sweep LF from front to back
- 5 – 6 Step back LF, and lift up RF
- 7 – 8 Step back RF, and making a little hook LF

#2 FWD STEP AND POINT x2, ¼ L TURN JAZZBOX

- 1 – 2 Step LF fwd, point RF to R side
- 3 – 4 Step RF fwd, point LF to L side
- 5 – 6 Cross LF over RF, Turn 1/4L step RF back
- 7 – 8 Step LF to L side, cross RF over LF (9.00)

#3 SIDE STEP AND POINT X2, FWD STEP, L SPIRAL TURN

- 1 – 2 Step LF to L side, point RF in place and look to R diag (10.30)
- 3 – 4 Ball Step RF (9.00), turn 1/4L and draw back LF toe in front of RF (6.00)
- 5 Step LF fwd while sweep RF from back,
- 6 – 8 Put RF toe in front of LF, making spiral L full turn, LF fwd (6.00)

Restart here on wall 6

#4 L-WEAVE, 1/8 L TURN STEP FWD WITH ARABESQUE, ½ LTURN, 1/8L TURN WITH SWEEP

- 1 – 4 Cross RF over LF, Step LF to L side, Step RF behind LF, Step LF to L side
- 5 – 6 1/8 LTurn Step RF fwd with LF lift (Arabesque) (4.30) (Note: Place body weight onto RF as you lift L leg into Arabesque pose - raising R arm and L arm upward - Raise Left Leg behind/leg straighten)
- 7 ½ L Turn Step LF fwd (10.30- change body weight onto LF),
- 8 Making 1/8 L turn with sweep RF from back to front of LF (9.00)