

# Now and Forever

**COPPER KNOB**  
STEPSHETS

拍数: 24                      墙数: 2                      级数: Beginner  
编舞者: Sandy Carty Hodges (USA) - September 2023  
音乐: Now and Forever - Air Supply



**Intro: 24 CTS. - NO Tags/ NO Restarts**

**SECTION ONE: BASIC FORWARD AND BACK ( 12:00)**

1,2,3                      Forward left, right together, left together,  
4,5,6                      Back right, left together, right together.

**SECTION TWO: BASIC ¾ TURN TO LEFT. ( 3:00)**

1,2,3                      Step forward on left foot making a 1/4 turn left,( 9:00) step on right making 1/4 turn left,(6:00)  
step on left making 1/4 turn left. ( 3:00)  
4,5,6                      Step forward on right foot, step left together, step right together. ( 3:00)

**SECTION THREE: JAY WALKS LEFT AND RIGHT ( 3:00)**

1,2 hold 3:                      Step left foot across right foot, point right toe to right side, hold.  
4,5 hold 6:                      Step right foot across left, point left toe to left side, hold.

**SECTION FOUR: TWINKLES LEFT, TWINKLE RIGHT ,1/4 TURN RIGHT. (6:00)**

1,2,3,                      Cross left over right, step right to right side, step left to left,  
4,5,6                      Cross right over left, step left to left side making 1/4 turn right step right forward.

**E.O.D. START DANCE AGAIN. ( sandyutah82@gmail.com)**

**Last Update: 3 Oct 2023**

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