

Forever and Ever

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Melissa Woodley (NZ) - October 2023
音乐: Forever and Ever, Amen - Randy Travis : (Album: Always & Forever)



Start 16 counts in on vocals, weight on L.

[1-8]: Walk Fwd R L R Kick L, Walk Back L R L Touch R

1-4 Walk fwd R, Walk fwd L, Walk fwd R, Kick L fwd,
5-8 Walk back L, Walk back R, Walk back L, Touch R beside L.

[9-16]: Vine R, Vine L

1-4 Step R to R side, Step L behind R, Step R to R side, Touch L beside R,
5-8 Step L to L side, Step R behind L, Step L to L side, Touch R beside L.

[17-24]: R Lock Step, L Lock Step

1-4 Step R fwd, Lock L behind R, Step R fwd, Touch L beside R,
5-8 Step L fwd, Lock R behind L, Step L fwd, Touch R beside L.

[25-32]: R Back Toe Strut, L Back Toe Strut, R Back Coaster, L Step

1-4 Step R Toe back, Lower R heel, Step L Toe back, Lower L heel,
5-8 Step R back, Step L beside R, Step R fwd, Step L fwd. **

[33-40]: R ¼ Turn Jazz Box Cross (3:00), R Side Touch, L Side Touch

1-4 Cross R over L, R ¼ Turn to 3:00 stepping L back, Step R to R side, Cross L over R,
5-8 Step R to R side, Touch L beside R, Step L to L side, Touch R beside L.

[41-48]: R Fwd Together Fwd Touch on R Diagonal, L Back Together Back Touch on L Back diagonal

1-4 Step R fwd on R diagonal, Step L next to R, Step R fwd on diagonal, Touch L next to R,
5-8 Step L back on L diagonal, Step R next to L, Step L back on diagonal, Touch R next to L.

[49-56]: R Back Together Back Touch on R Back diagonal, L Fwd Together Fwd Touch on L diagonal

1-4 Step R back on R diagonal, Step L next to R, Step R back on diagonal, Touch R next to L,
5-8 Step L fwd on L diagonal, Step R next to L, Step L fwd on diagonal, Touch R next to L.

[57-64]: 2x R Rocking Chairs

1-4 Rock R fwd, Recover back onto L, Rock R back, Recover fwd onto L,
5-8 Rock R fwd, Recover back onto L, Rock R back, Recover fwd onto L.

Start dance again facing 3:00

Restart: Wall 5 – Dance to count 32, facing 12:00 and restart. **