

# 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. \*\*