

Forbidden Road

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: Chrissie Trent (NZ) - January 2025
音乐: Forbidden Road (From Better Man: Original Motion Picture Soundtrack) - Robbie Williams : (Better Man OST)



Intro: 16 Counts

Sequence of dance: 32, 32, T, 32, 32, T, 32, 32, 32, 16

[1-8] WALK FWD R-L, R MAMBO, WALK BACK L-R, COASTER STEP

1-2 Walk fwd R-L
3&4 Rock fwd on R, Recover on L, Step R next to L
5-6 Walk back L-R
7&8 Step back on L, Step R together, Step fwd on L

[9-16] R SIDE ROCK, RECOVER, BEHIND-SIDE-CROSS, L SIDE ROCK, RECOVER, BEHIND-SIDE-CROSS

1-2 Rock R out to R side, Recover on L
3&4 Cross R behind L, Step L to L side, Cross/step R over L
5-6 Rock L out to L side, Recover on R
7&8 Cross L behind R, Step R to R side, Cross/step L over R

[17-24] ROCK FWD, RECOVER, ½ SHUFFLE, ½ BACK-LOCK-BACK, COASTER STEP

1-2 Rock fwd on R, Recover on L
3&4 turning ½ R Step fwd on R, Step L next to R, Step fwd on R
5&6 turning ½ R Step back on L, Lock R over L, Step back on L
7&8 Step back on R, Step L together, Step fwd on R

[25-32] (Fall aways) CROSS-BACK-BACK, BACK-SIDE-SIDE, CROSS-BACK-BACK, BACK-SIDE-TOUCH

1&2 Cross/step L over R, Step back on R slightly to R, Step back on L slightly to L (10:30)
3&4 Step back on R, Step L to L turning 1/8 L, Step R to R side (9:00)
5&6 Cross/step L over R, Step back on R slightly to R, Step back on L slightly to L (7:30)
7&8 Step back on R, Step L to L turning 1/8 L, Touch R next to L (6:00)

REPEAT DANCE IN NEW DIRECTION

TAG: END of WALLS 2 & 4 (both facing 12:00) – dance the following 20 Count tag

[1-8] ROCK FWD, RECOVER, ½ SHUFFLE, STEP ½ PIVOT, SHUFFLE FWD,

1-2 Rock fwd on R, Recover on L
3&4 turning ½ R Step fwd on R, Step L next to R, Step fwd on R
5-6 Step fwd on L, ½ pivot R
7&8 Step fwd on L, Step R next to L, Step fwd on L

[9-16] ROCK FWD, RECOVER, TOGETHER, ROCK FWD, RECOVER, TOGETHER, ROCKING CHAIR

1-2& Rock fwd on R, Recover on L, Step R together
3-4& Rock fwd on L, Recover on R, Step L together
5-6-7-8 Rock fwd on R, Recover on L, Rock back on R, Recover on L

[17-20] 2 x ½ PIVOTS

1-2 Step fwd on R, ½ pivot L
3-4 Step fwd on R, ½ pivot L

ENDING: Dance up to & incl Count 14 (Rock L out to L side, Recover on R) then for Counts 15 & 16, dance a

Sailor ½ turn L to face 12:00
