

For Keeps

COPPER **NOB**
STEPSHEETS

拍数: 52 墙数: 2 级数: Intermediate
编舞者: Lorraine Harvey (AUS)
音乐: Forever and for Always - Shania Twain



SIDE, TOGETHER, CROSS SHUFFLE, ¼ RIGHT, ¼ RIGHT, SHUFFLE FORWARD

1-2 Long step to right on right, step left beside right
3&4 Cross/step right over left, step left to left, cross/step right over left
5-6 Turn ¼ right stepping back on left, turn ¼ right stepping right to right side
7&8 Shuffle forward left, right, left

&, SIDE, TOGETHER, CROSS SHUFFLE, ¼ LEFT, ¼ LEFT, SHUFFLE FORWARD

&1-2 Step right beside left, long step to left on left, step right beside left
3&4 Cross/step left over right, step right to right, cross/step left over right
5-6 Turn ¼ left stepping back on right, turn ¼ left stepping left to left side
7&8 Shuffle forward right, left, right

STEP, TURN, ½ SHUFFLE, BACK, BACK, COASTER

1-2 Step forward on left, pivot turn ½ right
3&4 Turning ½ right shuffle left, right, left
5-6 Step back on right, step back on left
7&8 Step back on right, step left beside right, step forward on right

STEP, TURN, STEP, TURN

1-2 Step forward on left, pivot turn ½ right
3-4 Step forward on left, pivot turn ½ right

STEP ¼ RIGHT, CROSS, &, HEEL, &, CROSS, &, HEEL, &, STEP ½ TURN

1-2 Step forward on left, pivot turn ¼ right
3&4 Cross/step left over right, step back on right to right diagonal, touch left heel to left diagonal
&5&6 Step back on left to left diagonal, cross/step right over left, step back on left to left diagonal, touch right heel to right diagonal
&7-8 Step right beside left, step forward on left, pivot turn ½ right

STEP ¼ RIGHT, CROSS, &, HEEL, &, CROSS, &, HEEL, &, FORWARD, BACK

1-2 Step forward on left pivot turn ¼ right
3&4 Cross/step left over right, step back on right to right diagonal, touch left heel to left diagonal
&5&6 Step back on left to left diagonal, cross/step right over left, step back on left to left diagonal, touch right heel to right diagonal
&7-8 Step right beside left, step forward on left, rock/step back onto right

&, FORWARD, BACK, ½ TURN SHUFFLE, TURN, TURN, HIPS LEFT, RIGHT, LEFT

&1-2 Step left beside right, rock/step forward on right, recover weight to left
3&4 Turning ½ right shuffle forward right, left, right
5-6 Turning ½ right step back on left, turning ½ right step forward on right
7&8 Stepping slightly forward on left push hips left, right, left

REPEAT

RESTART

On walls 2 & 4, restart after count 44& (forward, back, together on left)

