

# 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)

