

# Forever

拍数: 32      墙数: 4      级数: Improver dance  
编舞者: Glynn Rodgers (UK) & Andy Williams (USA)  
音乐: Forever In Blue Jeans - Neil Diamond



## HEELS, TURN, BEHIND, TURN, STEP, STEP, MAMBO STEP

1&2&      Dig right heel forward, step right to place, dig left heel forward, step left to place  
3          Step right to right side turning  $\frac{1}{4}$  right  
4&5      Step left behind right, step right to right side turning  $\frac{1}{4}$  right, step forward left  
6          Step forward right  
7&8      Rock forward left, recover weight onto right, step left to place

## COASTER STEP, SHUFFLE, PIVOT TURN, PIVOT TURN, STEP

1&2      Step back right, close left to right, step forward right  
3&4      Step forward left, close right to left, step forward left  
5-6      Step forward right, pivot  $\frac{1}{2}$  turn left  
7&8      Step forward right, pivot  $\frac{1}{2}$  turn left, step forward right

## SKATES, TOUCH, UNWIND, PADDLE TURN, TOUCH

1-2      Skate forward left and right  
3-4      Touch left toe behind right, unwind  $\frac{1}{2}$  turn left  
5&      Paddle  $\frac{1}{4}$  turn left, pushing hips forward and back  
6&      Paddle  $\frac{1}{4}$  turn left, pushing hips forward and back  
7&      Paddle  $\frac{1}{4}$  turn left, pushing hips forward and back  
8          Touch right beside left

## PIVOT TURNS WITH HEELS, SHUFFLE, ROCK, TURN, STEP

1-2      Step forward right, pivot  $\frac{1}{2}$  turn left, digging left heel forward  
3-4      Step onto left foot, pivot  $\frac{1}{2}$  turn right, digging right heel forward  
5&6      Step onto right foot, close left to right, step forward right  
7&8      Rock left to left side, recover weight onto right turning  $\frac{1}{4}$  right, step forward left

## REPEAT

## TAG

At the end of wall 3 and once at the end of wall 6

## POINT, TOUCH, KICK, STEP, REPEAT

1&      Point right to right side, touch right beside left  
2&      Kick right foot forward, step right to place  
3&      Point left to left side, touch left beside right  
4&      Kick left foot forward, step left to place