

Forever Amen (P)

拍数: 32 墙数: 0 级数: Partner
编舞者: Peter Simm (UK) & Val Simm (UK)
音乐: Forever and Ever, Amen - Randy Travis



Position: Mans steps are written. Man facing outside LOD holding hands, Lady facing inside holding hands. Lady's are opposite steps (starting with rock back on left) except were stated

CROSS ROCK RECOVER, CHASSE RIGHT, CROSS ROCK RECOVER, CHASSE LEFT

1-2 Cross rock right over left, recover onto left
3&4 Step right to right, step left beside right, step right to right side
5-6 Cross rock left over right, recover onto right
7&8 Step left to left, step right beside left, step left to left side

ROCK RECOVER, CHASSE RIGHT ¼ TURN LEFT. ROCK RECOVER, SHUFFLE FORWARD

1-2 **MAN:** Rock back on right, recover on left. Release lady's left hand
 LADY: Step forward left on left, pivot ½ turn right. Weight on right turning under mans left hand
3&4 **MAN:** Step right to right side, step left beside right, step right to right side with a ¼ turn left (into LOD)
 LADY: ¾ Turn shuffle to the right stepping left, right, left

Release left hand, picking up mans right hand into LOD side by side

5-6 Rock back on left, recover on right
7&8 Step forward on left, together with right, step forward on left

STEP ¼ TURN LEFT, CHASSE RIGHT, CROSS ROCK RECOVER, CHASSE LEFT ¼ TURN LEFT

1-2 Step right ¼ turn left, step together on left, (release hands) turn back to back
3&4 Step right to right, step left beside right, step right to right
5-6 Cross left over right, recover on right
7&8 Step left to left side, step right beside left, step left to left side with ¼ turn left (into RLOD)

STEP ¼ TURN LEFT, CROSS SHUFFLE, SIDE CLOSE, CHASSE LEFT

1-2 Step right forward turning ¼ turn left, step left beside right, (picking up both hands)
3&4 Cross right over left, left to left side, cross right over left
5-6 Step left to left side, step right beside left
7&8 Step left to left side, step right beside left, step left to left side

REPEAT
