

# Back Forever

拍数: 32      墙数: 4      级数: Improver  
编舞者: Chris Cleevely (UK)  
音乐: Now And Forever - Anne Murray



## CROSS ROCK, STEPS (X 4)

1&2      Cross rock right over left, recover weight on left (stepping back slightly), step forward on right  
3&4      Cross rock left over right, recover weight on right, (stepping back slightly) step forward on left  
5&6      Repeat steps 1&2  
7&8      Repeat steps 3&4

## MAMBO ½ TURN RIGHT; FULL TURN FORWARD (OR LEFT FORWARD SHUFFLE); PRISSY STEPS; FORWARD COASTER STEP

9&10      Rock forward on right, recover weight on left, step ½ turn right  
11&12      Make a full turn forward over right shoulder stepping left/right/left  
13-14      Twist right over left, twist left over right  
15&16      Step forward on right, step left by right, step back on right

## SAILOR ¼ TURN LEFT; ROCK FORWARD, RECOVER, STEP BACK; ROCK BACK, RECOVER, STEP FORWARD; FORWARD RIGHT LOCK STEP

17&18      Cross left behind right, making ¼ turn left step right to right side & left to left side  
19&20      Rock forward on right, recover weight on left, step back on right  
21&22      Rock back on left, recover weight on right, step forward on left  
23&24      Step forward on right, lock left behind right, step forward on right

## ¼ TURN RIGHT, TOUCH RIGHT; RIGHT CHASSE ¼ TURN RIGHT; RIGHT ¼ TURN, LEFT CHASSE ¼ TURN LEFT; BALL STEP, TOUCH RIGHT

25-26      Making ¼ turn right, step left to left side, touch right toe by left  
27&28      Step right to right side, step left next to right, step ¼ turn right  
29&30      Making ¼ turn right, step left to left side, step right by left, step ¼ turn left  
&31-32      Take weight onto ball of right foot, step forward on left, touch right toe by left

## REPEAT

## RESTART

(Anne Murray track only)

On wall 7 (when instrumental begins) dance up to and including count 26, then step ¼ turn right - weight on right (count 27), step forward on left (count 28) and restart the dance