

Always Forever

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Leann O'Neill
音乐: Forever and for Always - Shania Twain



The choreographer was age 15 when this dance was written
Start when she sings; "I can hear your heartbeat now"

ROCK STEP; CROSS STEP CROSS; ROCK STEP; BEHIND STEP CROSS

1-2 Rock right out to right side; recover weight onto left
3&4 Cross right over left; step left to left side; cross right over left
5-6 Rock left out to left side; recover weight onto right
7&8 Step left foot behind right; step right foot to right side; cross left over right

POINT STEP; FULL TURN; ROCK & TOGETHER; BEHIND SIDE CROSS

1&2 Point right to right side; then do a full turn over right (keeping weight on right)
3&4 Rock left to left side; recover weight onto right; step left beside right
5-6 Rock right to right side; recover weight onto left foot
7&8 Step right foot behind left; step left to left side; cross right over left

¾ SHUFFLE TURN; STEP BACK RIGHT & LEFT; ¾ SHUFFLE TURN; POINT LEFT & STEP

1&2 Do a ¾ shuffle turn over right stepping right, left, right
3-4 Step back on right foot; step back on left foot
5&6 Do a ¾ shuffle turn over right stepping right, left, right
7-8 Point left foot to left side; step left foot forward.(slightly crossing over right)

HIP BUMPS; RIGHT COASTER STEP; ¾ CHUG TURNS

1&2 Stepping forward on right bump right hip forward, bump right hip back, bump right hip forward
3&4 Step back on right; bring left beside right; forward on right
5-6 Chug left foot into a ½ turn right, chug left foot into a ¼ turn right
7&8 Cross left foot over right; step right to side; cross left foot over right

REPEAT
