

Love Her Forever

拍数: 80 墙数: 4 级数: Intermediate
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音乐: Hold On - Alain Clark



Intro : Start after 16 counts (8sec.) on Vocals

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It seems much 80 counts but the steps are easy. Just give it a try and sing along .

(1 – 8) R Side Shuffle, Rock Back, Recover, L Kickball Cross, L Toe Strut

1 & 2 Step R to R side, Step L next to R, Step R to R side
3 – 4 Rock L Back , Recover on R
5 & 6 Kick L fwd, Step L down, Cross R over L
7 – 8 Step L toe to L side, Step L down

(9-16) Jazz Box, Cross Shuffle, Kick R, and Cross, Touch R

1 – 3 Cross over L, Step L back, Step R to R side
4&5 Step L across R , Step R to R side, Step L across R,
6 Kick R to R side
&7-8 Step R next to L, Cross L over R, Touch R to R side

(17-24) L Cross Shuffle, ¼ Turn R, ¼ Turn R, Kick Ball Cross, Side Rock , Recover

1 & 2 Step R across L, Step L to L side, Step R across L
3 – 4 ¼ R and step L back, ¼ R and step R to R side (6.00)
5 & 6 Kick L fwd, Step L down, Cross R over L
7 – 8 Rock L to L side, Recover on R

(25-32) Behind, ¼ R , Fwd, Scuff, Step diag. R fwd with Touch, Step diag. L fwd with Touch

1 – 4 Step L behind R, ¼ R and step R fwd, Step L fwd, Scuff R fwd (9.00)
5 - 6 Step R diag. R fwd and touch L next to R (clap or click fingers)
7 - 8 Step L diag. L fwd and Touch R next to L, (clap or click fingers) Restart here during wall 4

(33-40) Walks back x2, Rock back, Recover, Step fwd , Touch, Step Back, Touch

1 – 2 Walk back R , L
3 – 4 Rock R back, Recover on L
5 – 6 Step R fwd , Touch L behind R and bend knees
7 – 8 Step L back , Touch R in front of R

(41-48) Step fwd, Pivot ½ Turn, ½ Turn and step back, Back, Cross, Back, Back, Cross

1 – 2 Step R fwd, ½ Turn L (3.00)
3 – 4 ½ Turn L and step R back , Step L back (9.00)
5 – 6 Step R across L, Step L back
7 – 8 Step R back, Step L across R

(49-56) Side Rock , Recover, Cross Shuffle x2

1 – 2 Rock R, Recover on L
3 & 4 Cross R over L, Step L to L side, Cross R over L
5 – 6 Rock L , recover on R
7 & 8 Cross L over R, Step R to R side, Cross L over R

(57-64) Side, Hold, Close, Side, Touch, Side, Hold, Close, ¼ Turn L , Scuff

1 – 2 Step R to R side, Hold

&3-4 Step L next to R, Step R to R side, Touch L next to R
5 – 6 Step L fwd, Hold
&7-8 Step R next to L, ¼ turn L and Step L fwd , Scuff R fwd (6.00)

(65-72) Side, Behind, ¼ Turn R, Fwd, Pivot ¾ Turn, Side, Behind , ¼ Turn L

1 – 4 Step R to R side, Step L behind R, ¼ Turn R and step R fwd, Step L fwd (9.00)
5 – 6 Pivot ½ Turn R, ¼ Turn R and step L to L side (6.00)
7 – 8 Step R Behind L, ¼ Turn L and step L fwd (3.00)

(73-80) Rocking Chair, Pivot ½ Turn L, R Kick Ball Cross

1 – 4 Rock R fwd, Recover on L, Rock R back, Recover on L
5 – 6 Step R fwd, ½ Turn L (9.00)
7 & 8 Kick R fwd, Step R down , Step L across R

Tag 1: After Wall 2

1 – 2 Step R to R side, Touch L next to R
3 – 4 Step L to L side, Touch R next to L
5 – 8 Hip sways R,L,R,L

Restart during wall 4 after 32 counts
