

Forever Is Over

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Dee Musk (UK) - October 2009
音乐: Forever Is Over (Radio Edit) - The Saturdays : (Single - 3:24)



88 Count Intro - BPM 136 Start On heavy beat when they sing 'Forever Is Over' Approx 39 seconds.

CROSS BACK SIDE STEP FORWARD, KICK STEP BACK TOUCH BACK ½ TURN L.

1-4 Cross step R over L, step back on L, step R to R side, step forward on L.
5-8 Kick R forward, step R back, touch L toe back, make a ½ turn L (weight forward on L).

** Restart here during wall 4 – begin again facing 6 o'clock. (6 o'clock).

TOE STRUT, STEP L PIVOT R, TOE STRUT, FULL TURN L.

1,2 Step R toe forward, drop R heel.
3,4 Step forward on L, make a ½ turn R (weight forward on R).
5,6 Step L toe forward, drop L heel.
7,8 Travelling forward make a ½ turn L stepping back on R, make a ½ turn L stepping forward on L (weight forward on L).

(Optional walk forward R, L). (12 o'clock).

* Restart here during wall 2 - begin again facing 6 o'clock.

CROSS SIDE SAILOR STEP, CROSS ¼ TURN L, ¼ TURN L WITH SIDE SHUFFLE.

1,2 Cross step R over L, step L to L side.
3&4 Cross step R behind L, step L to L side, step R to R side.
5,6 Cross step L over R, make a ¼ turn L stepping back on R.
7&8 Make a ¼ turn L side shuffling L, R, L. (6 o'clock).

CROSS ROCK SIDE SHUFFLE, CROSS BACK SIDE TOUCH.

1,2 Cross rock R over L, recover weight to L.
3&4 Step R to R side, close L beside R, step R to R side.
5-8 Cross step L over R, step back on R, step L to L side, touch R beside L. (6 o'clock).

STEP FORWARD KICK, BACK TOUCH, STEP BACK KICK, BACK ROCK RECOVER.

1,2 Step forward on R, kick L forward.
3,4 Step back on L, touch R beside L.
5,6 Step back on R, kick L forward.
7,8 Rock back on L, recover weight to R. (6 o'clock).

L SHUFFLE FORWARD, STEP ¼ TURN L, WEAVE WITH ¼ TURN L.

1&2 Shuffle forward stepping L, R, L.
3,4 Step forward on R, make a ¼ turn L.
5-8 Cross step R over L, step L to L side, cross step R behind L, make a ¼ turn L stepping forward on L. (12 o'clock).

*** Restart here during wall 6 – begin again facing 12 o'clock.

FORWARD ROCK, ½ TURN R, ¼ TURN R, SAILOR STEP, CROSS SWEEP.

1,2 Rock forward on R, recover weight to L.
3,4 Make a ½ turn R stepping forward on R, make a ¼ turn R stepping L to L side.
5&6 Cross step R behind L, step L to L side, step R to R side.
7,8 Cross step L over R, sweep R from behind L to in front of R. (9 o'clock).

CROSS SIDE BEHIND POINT, CROSS ¼ TURN L, SIDE SHUFFLE L.

1-4 Cross step R over L, step L to L side, cross step R behind L, point L to L side.

5,6 Cross step L over R, make a ¼ turn L stepping back on R.
7&8 Step L to L side, close R beside L, step L to L side. (6 o'clock).

*** Restart 1 during wall 2 – dance up to count 16 then begin again facing 6 o'clock wall.**

**** Restart 2 during wall 4 – dance up to count 8 then begin again facing 6 o'clock wall.**

*****Restart 3 during wall 6 – dance up to count 48 then begin again facing 12 o'clock wall.**

Don't be put off by the restarts – they are easy to spot! Have Fun!!

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