

# Viva Forever

拍数: 48                      墙数: 4                      级数: Intermediate  
编舞者: HR Adi (INA) - July 2012  
音乐: Viva Forever - Spice Girls



## Start On Vocal - Count: 56

### Pivot ½ Left – Small Runing – Sweep

1&2                      Rock fwd on R, turn left ½ fwd on L step fwd on R  
3&4                      Step fwd L, step fwd R, step fwd L  
5&6&                      Step R to right side, recover on L, step R behind L & sweep L back  
7&8                      Step L behind R, step R to right side, cross L over right

### Turn ½ Left – Rock Recover – Turn ½ Right Back Lock Shuffle

1&2                      Step R to right side, turn ½ left step L with hitch step L to left side  
3&4                      Cross R over left, recover on L, turn ¼ right step fwd on R  
5&6                      Step fwd on L, turn ½ right weight onto L, hitch on R  
7&8                      Step back on R, cross L over right, step back on R

### 2x Unwind Full Turn Left – Weave – Scissor Step

1&2                      Full turn left cross L behind right with sweep R  
3&4                      Full turn left cross R over left with sweep L  
5&6                      Step L behind right, step R to right side, cross L over right  
7&8                      Step R to right side, step L next right, cross R over left

### Turn ¼ Right – Drag Right – Turn ¼ Left – Hips Bump

1&2                      Turn ¼ Left step back on L, step R to right side, step fwd on L  
3&4                      Touch R to right side, touch R next left, step R to right side  
5&6                      Step back L behind right, recover on right, turn ¼ left step fwd touch on L  
7&8                      Step fwd on L, recover on R, recover on L

### Scissor Step – Turn ½ Right – Chasse – Turn ¼ Right

1&2                      Step R to right side, step L next right, cross R over left  
3&4                      Turn ¼ right step back on L, turn ¼ right step R to right side, step fwd on L  
5&6                      Step R to right side, step L together R, step R to right side  
7&8                      Step back on L, recover on R, turn ¼ right, step L to left side

### Rock Recover – Turn ¼ Right – Pivot - Full Turn Right

1&2                      Cross R over left, recover on L, step R to right  
3&4                      Step L behind right, turn ¼ right step fwd on R, step fwd on L  
5&6                      Turn ½ left step fwd on R, step fwd on L, step fwd on R  
7&8                      Turn ½ right step back on L, turn ½ right step fwd on R, step fwd on L

### Option - Count: 24

1-2                      Turn ¾ left cross touch L behind right (weight end on left)  
3&4                      Turn ¼ left Step back on R, cross L over right, step back on R  
5&6                      Step back on L behind right, step R to right side, cross L over right  
7&8                      Step R to right side, step L next right, cross R over left

### RESTARTS:-

Restart On Wall : 2 after count: 32 - Restart On Wall: 7 after count: 32

Restart On Wall: 5 after count: 32 - Restart On Wall: 8 after count: 32

Restart On Wall: 6 after count: 32 - Have Fun and Enjoy.....

