

Forever

拍數: 32
編舞者: Betty Alart (FR) - May 2015
音樂: Forever - Ben Harper

牆數: 4

級數: Intermediate / Advanced NC



Touch ball Step, mambo forward, weave with 1/4 turn R, sweep forward, weave□□□□

- 1 RF□Touch forward
- & RF□Step together
- 2 LF□Step forward
- 3& RF□Rock forward, recover on LF
- 4 RF□Step back
- 5 LF□Step back
- & RF □1/4 turn R, stepping RF R (3:00)
- 6 LF□Crossin front of RF sweeping RF from back to front (3:00)
- 7 RF□Cross in front of LF
- & LF□Step L
- 8 RF□Step behind LF

Hip bump (L, R, L), 2 3/4 turn R on spot□□□□

- 9 LF□Step L bumping hips to L
- 10 RF□Step R bumping hips to R
- 11 LF□Step L bumping hips to L
- 12 RF□1/4 turn R stepping RF foward (6:00)
- 13,14 RF□Make 2,5 turn right on RF (platform
- 15,16 turn) weight remains on RF (12:00)

Skate back 2*, Anchor Step L, walk, 1/4 turn R, step L, Sailor R□□□□

- 17 LF□Step back diagonally L whilst swiveling R toe from L to R
- 18 RF□Step back diagonally R whilst swiveling L toe from R to L
- 19 LF□Step back diagonally L whilst swiveling R toe from L to R
- & RF□Step in place
- 20 LF□Step in place
- 21 RF□Step forwards
- 22 LF□1/4 turn R stepping LF L (3:00)
- 23 RF□Step behind LF
- & LF□Step L
- 24 RF □Step R

Behind, 1/4 turn R, step L, sailor R, circle making 1/2 turn R, touch with hip bump R□□□□

- 25 LF□Step behind RF
- & RF□1/4 turn R stepping RF forward (6:00)
- 26 LF□1/4 turn R stepping LF L (9:00)
- 27 RF□Cross behind LF
- & LF□Step L
- 28 RF□Step R
- 29 LF□1/8 turn R stepping LF (10:30)
- 30 RF□1/8 turn R stepping RF (12:00)
- 31 LF□1/8 turn R stepping LF (1:30)
- 32 LF□1/8 turn R touching RF to R whilst bumping hips to R (3:00)

Enjoy !

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