

Forever

拍數: 96 牆數: 2 級數:
編舞者: Amanda Bowden (AUS) & Gordon Elliott (AUS) - March 2016
音樂: Forever - Mariah Carey : (Album: Daydream)



Original Position: Feet Together Weight On The Right Foot.
This dance is done in TWO directions. Introduction : 24 Beats.

S1: WALTZ ACROSS, ACROSS, SLOW SWEEP, WALTZ ACROSS, ACROSS, SLOW SWEEP

1, 2, 3 Step L Across In Front Of R, Step R Together, Step L Together,
4, 5, 6 Step R Across In Front Of L, Slow Sweep L To The Side (2 Beats)
1, 2, 3 Step L Across In Front Of R, Step R Together, Step L Together,
4, 5, 6 Step R Across In Front Of L, Slow Sweep L To The Side (2 Beats)

S2: FORWARD, SLOW DRAG, BACK, 1/2 FORWARD, FORWARD, FORWARD, SLOW HOOK BEHIND, BACK, SLOW HOOK ACROSS

1, 2, 3 Step L Forward, Slow Drag R Toe Towards Left, (2 Beats)
4, 5, 6 Step R Back, Turn 180° Left Step L Forward, Step R Forward,
1, 2, 3 Step L Forward, Slow Hook R Toe Behind Left, (2 Beats)
4, 5, 6 Step R Back, Slow Hook L Across In Front Of Right. (2 Beats)

S3: FORWARD, SLOW SWEEP, FORWARD, SLOW SWEEP, ACROSS, ROCK, SIDE, ACROSS, ROCK, SIDE

1, 2, 3 Step L Forward, Slow Sweep R Toe To The Side, (2 Beats)
4, 5, 6 Step R Forward, Slow Sweep L Toe To The Side, (2 Beats)
1, 2, 3 Step L Across In Front Of Right, Rock Onto R, Step L To The Side,
4, 5, 6 Step R Across In Front Of Left, Rock Onto L, Step R To The Side.

S4: SLOW PIVOT TURN, 1/4 SIDE, 1/2 SLOW HITCH, SIDE, SLOW HIPS, SLOW HIP

1, 2, 3 Pivot : Step L Forward, Slow Turn 180° Right Take Weight On R, (2 Beats)
4, 5, 6 Turn 90° Right Step L To The Side, Slow Turn 180° Right Hitch R, (2 Beats)
1, 2, 3 Step R To The Side, Slow Hips To The Right, (2 Beats)
4, 5, 6 Slow Hips To The Left Take Weight Onto L. (3 Beats)

S5: SAILOR STEP, BACK, SLOW SWEEP, SAILOR STEP, BACK, SLOW SWEEP

1, 2, 3 Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,
4, 5, 6 Step L Back, Slow Sweep R To The Side, (2 Beats)
1, 2, 3 Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,
4, 5, 6 Step L Back, Slow Sweep R To The Side, (2 Beats).

S6: BACK, SLOW HOOK, WALTZ FORWARD 1/2 TURN, BACK, SLOW HOOK, FORWARD, SLOW 1/4 SWEEP

1, 2, 3 Step R Back, Slow Hook L Across In Front Of Right, (2 Beats)
4, 5, 6 Step L Forward, Turn 180° Left Step R Together, Step L Together,
1, 2, 3 Step R Back, Slow Hook L Across In Front Of Right, (2 Beats)
4, 5, 6 Step L Forward, Turn 90° Left Slow Sweep R Toe To The Side. (2 Beats)

S7: ACROSS, SIDE, BEHIND, SIDE, SLOW DRAG, SIDE, SLOW DRAG & SIDE, SLOW DRAG

1, 2, 3 Step R Across In Front Of Right, Step L To The Side, Step R Behind Left,
4, 5, 6 Big Step L To The Side, Slow Drag R Toward Left, (2 Beats)
1, 2, 3 & Big Step R To The Side, Slow Drag L Towards Right (2 Beats), Step L Together,
4, 5, 6 Big Step R To The Side, Slow Drag L Towards Right. (2 Beats) ##

S8: FORWARD, SLOW KICK, WALTZ BACK 1/2 TURN, FORWARD, SLOW KICK, WALTZ BACK

1, 2, 3 Step L Forward, Slow Kick R Forward, (2 Beats)

4, 5, 6 Waltz : Step R Back, Turn 180° Left Step L Forward, Step R Together,

1, 2, 3 Step L Forward, Slow Kick R Forward, (2 Beats)

4, 5, 6 Waltz : Step R Back, Step L Together, Step R Together. **

[96] REPEAT THE DANCE IN NEW DIRECTION

RESTARTS : On WALL 2 & WALL 4 dance to BEAT 84 (##) & RESTART to the BACK & FRONT RESPECTIVELY

TAG : At the END (**) of WALL 5 (BACK) add the following tag

1, 2, 3 Pivot : Step L Forward, Slow Turn 180° Right Take Weight Onto R, (2 Beats)

4, 5, 6 Pivot : Step L Forward, Slow Turn 180° Right Take Weight Onto R, (2 Beats)

1, 2, 3 Step L To The Side, Slow Push Hips To The Left, (2 Beats)

4, 5, 6 Slow Push Hips To The Right (3 Beats).

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