

Always & Forever

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Nolwenn BERTIN (FR) & Anthony Maxence (FR) - September 2018
音樂: Always and Forever - Canaan Smith : (Album: Forever My Girl OST)



Start dancing after 16 counts

ROCK STEP, ANCHOR STEP, ROCK BACKWARD, TRIPLE FORWARD

1 - 2 Right Rock Step forward, recover
3 & 4 Triple Step in place (R behind L)
5 - 6 Left Rock Step backward, recover
7 & 8 Left Triple Step forward (L-R-L)

Restart: WALL 3, start the dance from the beginning

2 X ¼ TURN LEFT TOUCH, SIDE, BEHIND, SIDE ROCK & BACK

1 - 2 ¼ t Left with Right Foot on R, Left Touch next to R - 9:00
3 - 4 ¼ t Left with Left Foot forward, Right Touch next to Left - 6:00
5 - 6 Right on Right side, Left behind Right
7 & 8 Right Side Rock on the Right , Right Foot behind Left

¼ TURN LEFT, POINT, CROSS (X2 RIGHT & LEFT), WEAVE, CROSS ROCK

1 - 2 ¼ t Left with Left Foot forward, Right Touch on Right Side - 3:00
3 - 4 Cross Right over Left, Left Touch on Left Side
5 & 6& Cross Right over L, Right on R Side, Cross Left behind R, Right on R Side
7 - 8 Left Cross Rock over Right, recover

¼ TURN LEFT, TOGETHER, TRIPLE FORWARD, ROCKING CHAIR, STEP ¼ TURN LEFT

1 - 2 ¼ t Left with Left Foot forward , R&L Together (weight on R) 12:00

Variation : count 2, add a Left Knee Pop

3 & 4 Left Triple forward (L-R-L)
5 & 6& Rock fwd on Right, recover, Rock bwd on Right, recover (weight on L)
7 - 8 Right forward, turn ¼ Left (weight on Left) 9:00

ENJOY AND KEEP SMILING

Memo

R. Right - Fwd Forward

L. Left - Bwd Backward

BCh Ball Change - Tch Touch

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