

# Forever My Pain

COPPER KNOB  
BY STEPHEN T. S.

拍數: 64      牆數: 4      級數: Phrased Beginner  
編舞者: BM Leong (MY) - March 2020  
音樂: Ni Shi Wo Yong Yuan De Tong (你是我永遠的痛) (DJ版) - Chen Rui (陳瑞) & Cui Weili (崔偉立)



Start the dance immediately on the first hard beat.

SOD - AA/BBtag1BB/AA/BBtag1BB/BBtag2/AA

( A )

**WALK, WALK, WALK, TOUCH, BACK, BACK, BACK, TOUCH**

1-4            Walk forward on RLR, point L to left side  
5-8            Walk backward on LRL, point R to right side

**CROSS, POINT, CROSS, POINT, BEHIND, POINT, BEHIND, POINT**

1-4            Cross R over L, point L to left side, cross L over R, point R to right side  
5-8            Cross R behind L, point L to left side, cross L behind R, point R to right side

**WALK, WALK, WALK, TOUCH, BACK, BACK, BACK, TOUCH**

1-4            Walk forward on RLR, point L to left side  
5-8            Walk backward on LRL, point R to right side

**CROSS, POINT, CROSS, POINT, PADDLE 1/4 TURN LEFT X 2**

1-4            Cross R over L, point L to left side, cross L over R, point R to right side  
5-8            Step R forward, paddle 1/4 turn left, step R forward, paddle 1/4 turn left

( B )

**S1 K-STEPS**

1-2            Step R forward diagonally, touch L together  
3-4            Step L back diagonally, touch R together  
5-6            Step R back diagonally, touch L together  
7-8            Step L forward diagonally, touch R together

**S2 MONTEREY 1/2 TURN RIGHT, OUT, OUT, IN, IN**

1-2            Point R to right side, 1/2 turn right step R together ( 6.00 )  
3-4            Point L to left side, step L together  
5-8            Step R out, step L out, step R in, step L in

**S3 REVERSE CHA CHA BOX**

1-2            Step R to right side, step L together  
3&4            Cha cha backward on RLR  
5-6            Step L to left side, step R together  
7&8            Cha cha forward on LRL

**S4 PIVOT HALF TURN LEFT, PIVOT QUARTER TURN LEFT, JAZZ BOX**

1-2            Step R forward, pivot 1/2 turn left ( 12.00 )  
3-4            Step R forward, pivot 1/4 turn left ( 9.00 )  
5-8            Cross R over L, step L back, step R to right side, step L together

**Tag 1: ROCKING CHAIR**

1-4            Rocking chair RLRL

**Tag 2: PIVOT 1/2 TURN, PIVOT 1/4 TURN, JAZZ-BOX 1/4 TURN RIGHT**

1-2 Step R forward, pivot 1/2 turn left  
3-4 Step R forward, pivot 1/4 turn left  
5-6 Cross R over L, step L back  
7-8 1/4 turn right step R to right side, step L together

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