Viva Forever



編舞者: Maryanti (INA) - June 2020 音樂: Viva Forever - Spice Girls



Start dance on vocal

SEC 1: FULL BOX RIGHT, BASIC NIGHT CLUB RIGHT

1&2	Step R to side, Step L next to R, Step r forward
3&4	Step L to side, Step R next to L, Step L back
5-6&	Big step R to side, Rock L back, Recover on R
7-8&	Step L to side, Cross R behind L, Step L to side

SEC 2: DIAGONAL FORWARD ROCK, RECOVER, SIDE, DIAGONAL FORWARD ROCK, RECOVER, SIDE, PIVOT ½ LEFT, PIVOT ½ RIGHT, FORWARD

1-2& Rock R forward diagonally L, Recover on L, Step R to side

3-4& Rock L forward diagonally R, Recover R, Make ¼ L turn step L forward

5-6& Step R forward, Pivot ½ L turn, Step R forward

7-8&1 Step L forward, Pivot ½ R turn, Step L forward, Step R forward

Restart here on wall 2, wall 4 & wall 8

SEC 3: HALF DIAMOND, 1/8 LEFT BACK, BACK, BACK COASTER STEP

2&3 Make 1/8 R turn step L back, Step R back, Step L back 12.00
 4&5 Step R to side, Make 1/8 R turn step L forward, Step R forward 1.30

6&7 Make 1/8 R turn step L back, Step R back, Step L back

8& Step R next to L, Step L forward

SEC 4: SIDE ROCK, RECOVER, CROSS BEHIND, SIDE ROCK, RECOVER, CROSS BEHIN, SWAY, SWAY, SWAY, CLOSE

1-2& Rock R to side, Recover on L, Cross R behind L
3-4& Rock L to side, Recover on R, Cross L behind R
5-8 Step R to side&sway R, L, R, Close L behid R

Enjoy the dance & Have fun

Restart during wall 2 after 16 Count Restart during wall 4 after 16 Count Restart during wall 8 after 16 Count

For more questions about this dance please contact: jsdc2009@gmail.com