

Once and Forever (A Nightclub Feeling)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Improver / Intermediate
編舞者: V. Allen L. Isidro (USA) - April 2022
音樂: Once and Forever - Charlie Wilson



Start after 16-ct intro

BEHIND, RECOVER, SIDE, BEHIND, RECOVER, SIDE, HIP SWAYS LEFT & RIGHT, COASTER

1&2 Rock left back, recover to right, step left side
3&4 Rock right back, recover to left, step right side
5-6 Hip left, hip right
7&8 Left coaster step

FORWARD MAMBO, BACK MAMBO, TURN 1/2, TURNING JAZZ BOX

1&2 Rock right forward, recover to left, step right together
3&4 Rock left back, recover to right, step left together
5-6 Cross right over, turn 1/4 right and step left back
7-8 Turn 1/4 right and step right side, step left together (6:00)

BEHIND, RECOVER, SIDE, BEHIND, RECOVER, SIDE, WALK, WALK, SHUFFLE FORWARD

1&2 Rock right back, recover to left, step right side
3&4 Rock left back, recover to right, step left side
5-6 Turn 1/4 right and step right forward, turn 1/4 right and step left forward (12:00)
7&8 Chassé forward left-right-left

FORWARD, TOE TOUCH, TURN 1/4 TURNING SHUFFLE, TURN 1/4 TURNING SHUFFLE, TURN 1/2 TURNING SHUFFLE

1-2 Step left forward, touch right together
3&4 Turn 1/4 left and chassé back right-left-right (9:00)
5&6 Turn 1/4 left and chassé back left-right-left (6:00)
7&8 Turn 1/2 left and chassé forward right-left-right (12:00)

Option: replace with 3 non-turning back shuffles

REPEAT

TAG: After wall 6

1-4 Hip left, hip right, hip left, hip right