

Forever 1

拍數: 32 牆數: 4 級數: Beginner
編舞者: Stella Lie (INA) & Erika Damayanti (INA) - January 2023
音樂: FOREVER 1 - Girls' Generation



Intro: 16 Counts
Tag: 8 Counts after wall 9

S1. BIG STEP FORWARD - CLOSE TOUCH - BACKWARD WITH BODYWAVE - TOUCH IN PLACE - FORWARD WITH BODYWAVE - CLOSE TOUCH - SIDE - CLOSE TOUCH

- 1-2 Step L forward - touch R beside L
- 3-4 Step R backward with body wave from front to back follow the body backward, touch L in place
- 5-6 Step L in place with body wave from back to front follow the body forward, touch R together L
- 7-8 Step R to side, touch L together R

S2. SIDE - TOGETHER - SIDE - CLOSE TOUCH - SIDE WITH BEND KNEE RIGHT - CLOSE TOUCH

- 1-2 Step L to side, close R together L
- 3-4 Step L to side, touch R together L
- 5-6 Touch R ball to side, transfer weight to Right side while bending knee to Right
- 7-8 transfer weight to Left side, touch R together L

***) optional hand moving : while bending knee right to left, pointing your right finger from front to right side ending in front of your chest, on lyrics " Forever one "**

S3. FORWARD - HOLD - FORWARD LR - TOUCH WITH HIP BUMP

- 1-2 Step R forward, Hold
- 3-4 Step L forward, Step R forward
- 5&6& Touch L forward with hip bump to Left weight on Right, hip bump to Right weight on Right, hip bump to Left bend the Right knee, hip bump to Right weight on Right
- 7&8 Hip bump to Left weight on Right, hip bump to Right weight on Right, Step L in place

S4. ROCK FORWARD - TURN 1/4 TO RIGHT CHASSE - JAZZBOX - FORWARD

- 1-2 Step R forward, Recover on L
- 3&4 Turn 1/4 to Right step R to side , Close L beside R, Step R to right (3.00)
- 5-6 Cross L over R, Step R back
- 7-8 Step L to side, Step R forward

Tag 8counts after wall 9 (facing 3.00) :

V STEP - SIDE TOUCH WITH WEIGHT - RECOVER - STOMP IN PLACE WITH HAND MOVING - RECOVER

- 1-2 Step L diagonal forward to Left, step R diagonal forward to Right
- 3-4 Step L back to center, close R together L
- 5-6 Touch L ball to side bending the Left knee transfer weight to Left, transfer weight to Right L touch to side with both hand moving like waving beside your body down and up
- 7-8 Stomp L in place bending the Left knee transfer weight to Left, transfer weight to Right L touch to side with both hand moving like waving beside your body down and up

Happy Dancing!

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