

# For Ever And Ever

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Heather Holland (NZ) - July 2024  
音樂: Forever and Ever, Amen - Randy Travis



Intro 16 count – Start on vocals

## S1: Step R, L Fwd Mambo, Step Back L R Back Mambo

1-2            Step R Forward, L Forward  
3&4           Step R fwd recover L Step R Beside R  
5-6           Step L Back, R Back  
7&8           Step L Back, Recover R, L Beside R

## S2: R Lock Shuffle Fwd, L Lock Shuffle Fwd

1-2            Step R Forward, Lft behind right  
3&4           Shuffle forward right, left right  
5-6           Step Lft forward, Rt behind left  
7&8           Shuffle forward left, right, left

## S3: Side Rock, Behind Side Cross, Side Rock, Behind Side Cross

1-2            Rock R to R, Recover on Lft  
3&4           Cross Rt behind Lft, Step Lft to Lft side, & cross Rt over Lft  
5-6           Rock L to L side Recover on R  
7&8           Cross L Behind R, Step L to L Side & Cross L over R

## S4: ¼ Pivot, ¼ Pivot, Jazz Box

1-2-3-4       Step R Fwd, Pivot 1/4 Step R Fwd, Pivot 1/4,  
5-6-7-8       Step R over L, L back, R to Side, L across R

RESTART: Wall 5 after count 16 \*

ENDING: Slow on S3: steps 7&8 facing 12 O'clock

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