

# Forbidden Road

**COPPER** **NOB**  
BY STEPHEN

拍數: 32      牆數: 2      級數: Easy Intermediate  
編舞者: Chrissie Trent (NZ) - January 2025  
音樂: Forbidden Road (From Better Man: Original Motion Picture Soundtrack) - Robbie Williams : (Better Man OST)



Intro: 16 Counts

Sequence of dance: 32, 32, T, 32, 32, T, 32, 32, 32, 16

## [1-8] WALK FWD R-L, R MAMBO, WALK BACK L-R, COASTER STEP

1-2            Walk fwd R-L  
3&4           Rock fwd on R, Recover on L, Step R next to L  
5-6            Walk back L-R  
7&8            Step back on L, Step R together, Step fwd on L

## [9-16] R SIDE ROCK, RECOVER, BEHIND-SIDE-CROSS, L SIDE ROCK, RECOVER, BEHIND-SIDE-CROSS

1-2            Rock R out to R side, Recover on L  
3&4            Cross R behind L, Step L to L side, Cross/step R over L  
5-6            Rock L out to L side, Recover on R  
7&8            Cross L behind R, Step R to R side, Cross/step L over R

## [17-24] ROCK FWD, RECOVER, ½ SHUFFLE, ½ BACK-LOCK-BACK, COASTER STEP

1-2            Rock fwd on R, Recover on L  
3&4            turning ½ R Step fwd on R, Step L next to R, Step fwd on R  
5&6            turning ½ R Step back on L, Lock R over L, Step back on L  
7&8            Step back on R, Step L together, Step fwd on R

## [25-32] (Fall aways) CROSS-BACK-BACK, BACK-SIDE-SIDE, CROSS-BACK-BACK, BACK-SIDE-TOUCH

1&2            Cross/step L over R, Step back on R slightly to R, Step back on L slightly to L (10:30)  
3&4            Step back on R, Step L to L turning 1/8 L, Step R to R side (9:00)  
5&6            Cross/step L over R, Step back on R slightly to R, Step back on L slightly to L (7:30)  
7&8            Step back on R, Step L to L turning 1/8 L, Touch R next to L (6:00)

## REPEAT DANCE IN NEW DIRECTION

**TAG: END of WALLS 2 & 4 (both facing 12:00) – dance the following 20 Count tag**

### [1-8] ROCK FWD, RECOVER, ½ SHUFFLE, STEP ½ PIVOT, SHUFFLE FWD,

1-2            Rock fwd on R, Recover on L  
3&4            turning ½ R Step fwd on R, Step L next to R, Step fwd on R  
5-6            Step fwd on L, ½ pivot R  
7&8            Step fwd on L, Step R next to L, Step fwd on L

### [9-16] ROCK FWD, RECOVER, TOGETHER, ROCK FWD, RECOVER, TOGETHER, ROCKING CHAIR

1-2&           Rock fwd on R, Recover on L, Step R together  
3-4&           Rock fwd on L, Recover on R, Step L together  
5-6-7-8        Rock fwd on R, Recover on L, Rock back on R, Recover on L

### [17-20] 2 x ½ PIVOTS

1-2            Step fwd on R, ½ pivot L  
3-4            Step fwd on R, ½ pivot L

**ENDING: Dance up to & incl Count 14 (Rock L out to L side, Recover on R) then for Counts 15 & 16, dance a**

Sailor ½ turn L to face 12:00

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