

Forever

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Dan Pye (USA) & Jan Pye (USA)
音樂: Forever and for Always - Shania Twain



ROCK, RECOVER, TURNING TRIPLE, ROCK, RECOVER, TURNING TRIPLE

1-2-3&4 Rock forward on right, recover back on left, ½ turn right shuffling forward(right-left-right)
5-6-7&8 Rock forward on left, recover back on right, ½ turn left shuffling forward(left-right-left)

TWO CIRCLE TURNS/FIRST LEFT, THEN RIGHT

1 ¼ turn left pivoting on left, touching right toe to right side(12:00)
&2 Push off with right pivoting ¼ turn left on left, touching right toe to right side(9:00)
&3 Push off with right pivoting ¼ turn left on left, touching right toe to right side(6:00)
&4 Push off with right pivoting ¼ turn left on left, stepping in place with right

This completes circle to left

1 ¼ turn left pivoting on right, touching left toe to left side(12:00)
&2 Push off with left pivoting ¼ turn right on right, touching left toe to left side(9:00)
&3 Push off with left pivoting ¼ turn right on right, touching left toe to left side(6:00)
&4 Push off with left pivoting ¼ turn right on right, touching left toe to place along side right(9:00)

SYNCOPATED PROGRESSIVE LEFT VINE

1-2&3&4 Step on left to left side, cross right behind left, left to left side, cross right over in front of left,
left to left side, cross right behind left

¼ TURN, ½ MILITARY TURN, ¼ TURN

1-2-3-4 ¼ turn left stepping forward on left, step forward on right, ½ turn left shifting weight to left, ¼
turn left stepping in place on right

SYNCOPATED PROGRESSIVE VINE RIGHT

1&2&3 Cross left behind right, right to right side, cross left over in front of right, right to right side,
cross left behind right

¼ TURN, ½ MILITARY TURN, SHUFFLE FORWARD

4-5-67&8 ¼ turn right stepping forward on right, step forward on left, ½ turn right shifting weight to right,
shuffle forward(left-right-left)

REPEAT
