

Forever

拍數: 32 牆數: 4 級數: Improver dance
編舞者: Glynn Rodgers (UK) & Andy Williams (USA)
音樂: Forever In Blue Jeans - Neil Diamond



HEELS, TURN, BEHIND, TURN, STEP, STEP, MAMBO STEP

1&2& Dig right heel forward, step right to place, dig left heel forward, step left to place
3 Step right to right side turning ¼ right
4&5 Step left behind right, step right to right side turning ¼ right, step forward left
6 Step forward right
7&8 Rock forward left, recover weight onto right, step left to place

COASTER STEP, SHUFFLE, PIVOT TURN, PIVOT TURN, STEP

1&2 Step back right, close left to right, step forward right
3&4 Step forward left, close right to left, step forward left
5-6 Step forward right, pivot ½ turn left
7&8 Step forward right, pivot ½ turn left, step forward right

SKATES, TOUCH, UNWIND, PADDLE TURN, TOUCH

1-2 Skate forward left and right
3-4 Touch left toe behind right, unwind ½ turn left
5& Paddle ¼ turn left, pushing hips forward and back
6& Paddle ¼ turn left, pushing hips forward and back
7& Paddle ¼ turn left, pushing hips forward and back
8 Touch right beside left

PIVOT TURNS WITH HEELS, SHUFFLE, ROCK, TURN, STEP

1-2 Step forward right, pivot ½ turn left, digging left heel forward
3-4 Step onto left foot, pivot ½ turn right, digging right heel forward
5&6 Step onto right foot, close left to right, step forward right
7&8 Rock left to left side, recover weight onto right turning ¼ right, step forward left

REPEAT

TAG

At the end of wall 3 and once at the end of wall 6

POINT, TOUCH, KICK, STEP, REPEAT

1& Point right to right side, touch right beside left
2& Kick right foot forward, step right to place
3& Point left to left side, touch left beside right
4& Kick left foot forward, step left to place