

# Forever And A Day

拍數: 68      牆數: 2      級數: Intermediate  
編舞者: Pat Stott (UK)  
音樂: Angel - Lionel Richie



## ROCK STEP, CROSS SHUFFLE TWICE

1-2            Rock right to side, recover to left  
3&4            Cross right over left, step left to side, cross right over left  
5-6            Rock left to side, recover to right  
7&8            Cross left over right, step right to side, cross left over right

## SIDE, BEHIND, CHASSE TURN ¼ RIGHT, PIVOT TURN ½ RIGHT, WALK TWICE

9-10            Step right to side, cross left behind right  
11&12          Step right to side, step left together, turn ¼ right and step right forward  
13-14          Step left forward, turn ½ right (weight to right)  
15-16          Step left forward, step right forward

## PIVOT FULL TURN, SYNCOPATED LOCK STEPS

17-18          Step left forward, spiral turn a full turn right

### Snap fingers

19&            Step right forward, lock left behind right  
20&            Step right forward, lock left behind right  
21-22          Step right forward, clap  
&23            Lock left behind right, step right forward  
&24            Lock left behind right, step right forward

## ROCK STEP, TRIPLE FULL TURN LEFT, ROCK STEP, PIVOT TURN ½, WALK TWICE

25-26          Rock left forward, recover to right  
27&28          Triple in place turning a full turn left stepping left, right, left

### On steps 27&28 the full turn can be replaced with a coaster step

29-30          Rock right forward, recover to left  
31-32          Turn ½ right and step right forward, step left forward

## ROCK STEP, COASTER STEP TWICE

33-34          Rock right forward, recover to left  
35&36          Step right back, step left together, step right forward  
37-38          Rock left forward, recover to right  
39&40          Step left back, step right together, step left forward

## ROCK, STEP, BEHIND & CROSS TWICE

41-42          Rock right to side, recover on left  
43&44          Cross right behind left, step left to side, cross right over left  
45-46          Rock left to side, recover on right  
47&48          Cross left behind right, step right to side, cross left over right

## TURN ¼ RIGHT, SHUFFLE TURN ½, TURN ½ RIGHT, SHUFFLE, TURN ½ LEFT

49-50          Turn ¼ right over 2 counts (weight to right)  
51&52          Turn ½ left and shuffle LEFT FORWARD, right left  
53-56          Repeat 49-52

## ROCK STEP, TRIPLE TURN ½ RIGHT, TOUCH & CROSS

57-58          Rock right forward, recover to left

59&60 Triple in place turning  $\frac{1}{2}$  right and step right, left, right  
61-62 Touch left toe to side, cross left over right  
63-64 Touch right toe to side, cross/touch right toe over left  
65-66 Touch right toe to side, cross right over left  
67-68 Touch left toe to side, cross left over right

**REPEAT**

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