

Forever And Always

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: June Shuman (USA)
音樂: Forever and for Always - Shania Twain



SIDE TOGETHER, SCISSOR STEP, SIDE TOGETHER, SCISSOR STEP

1-2 Right step to right side, step left next to right
3&4 Step right to right & slide left next to right, cross right over left
5-6 Left step to left side, step right next to left
7&8 Step left to left side & slight right next to left, cross left over right

SYNCOPATED SIDE ROCK, BEHIND SIDE CROSS, POINT LEFT, SAILOR STEP WITH ¼ TURN LEFT, FORWARD ROCK & TOUCH

1&2&3-4 Rock right to right side & replace onto left, cross right behind left, step left to left side, cross right over left, point left foot to left side
5&6 Cross left behind as you turn ¼ left, step right to side right, step left together with right
7&8 Rock forward onto right & replace onto left, touch right next to left

RIGHT & LEFT FULL PADDLE TURNS (SAMBA TURNS)

1&2&3&4 Step right to right side toe turned out, start a full turn right as you quickly step onto the ball of the left foot (slightly back) then replace weight onto right (1&2), repeat the ball step for &3&4 completing full turn right, weight should end on right
5&6&7&8 Step left to left side toe turned out, start a full turn left as you quickly step onto the ball of the right foot (slightly back) then replace weight into left (5&6), repeat the ball step for &7&8 completing full turn left, weight should end on left

LOCK STEP FORWARD, ½ PIVOT RIGHT, LOCK STEP FORWARD, ½ PIVOT LEFT

1&2-3-4 Step forward on right, lock left behind right, step forward on right. Step forward on left pivot ½ right shifting weight to right
5&6-7-8 Step forward on left, lock right behind left, step forward on left. Step forward on right ½ left shifting weight onto left

REPEAT
