

Forever And Ever

拍數: 64 牆數: 4 級數: Improver
編舞者: Benny Ray (DK)
音樂: Forever and Ever, Amen - Randy Travis



WALK RIGHT, WALK LEFT, STEP ½ TURN, STEP RIGHT

1-4 Walk forward right, hold, walk forward left, hold
5-8 Step forward on right, pivot ½ turn left, step forward on right. Hold

ROCK STEP LEFT, COASTER STEP LEFT

9-12 Rock forward on left, hold, recover on right, hold
13-16 Step back on left, step right beside left, step forward on left, hold

WALK RIGHT, WALK LEFT, STEP ½ TURN, STEP RIGHT

17-20 Walk forward right, hold, walk forward left, hold
21-24 Step forward on right, pivot ½ turn left, step forward on right. Hold

ROCK STEP LEFT, COASTER STEP LEFT

25-28 Rock forward on left, hold, recover on right, hold
29-32 Step back on left, step right beside left, step forward on left, hold

Restart at this point on the 5th wall

DIAGONAL RIGHT STEP, LOCK, STEP LOCK STEP

33-36 Step diagonally forward right, hold, lock left behind right, hold
37-40 Step diagonally forward right, lock left behind right, step diagonally forward right, hold

DIAGONAL LEFT STEP, LOCK, STEP LOCK STEP

41-44 Step diagonally forward left, hold, lock right behind left, hold
45-48 Step diagonally forward left, lock right behind left, step diagonally forward left, hold

ROCK STEP RIGHT, ½ SAILOR TURN, ROCK STEP LEFT, ¼ SAILOR TURN

49-52 Rock forward on right, hold, recover on left, hold
53-56 Cross (sweep) right behind left making ¼ turn right, step left next to right, turn ¼ right
stepping forward on right, hold
57-60 Rock forward on left, hold, recover on right, hold
61-64 Cross (sweep) left behind right making ¼ turn left, step right next to left, stepping forward on
left, hold

REPEAT

RESTART

Restart the dance on the 5th wall after count 32

This dance was written for my bride Lykke on our one year wedding anniversary, January 5th 2005