

Forever And For Always

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 1 級數: Intermediate
編舞者: Julie Allen
音樂: Forever and for Always - Shania Twain



SIDE TOGETHER, CHASSE RIGHT, LEFT MAMBO, RIGHT MAMBO

1-2 Step right to right side, step left beside right
3&4 Step right to right side, close left to right, step right to right side
5&6 Cross rock left across right, recover weight onto right, step left next to right
7&8 Cross rock right across left, recover weight onto left, step right next to left

STEP CROSS POINT RIGHT, STEP CROSS POINT LEFT, ¼ TURN LEFT HITCH, STEP FORWARD LEFT, BACK ON RIGHT, FORWARD ON LEFT

1-2 Step left across right and point right toe to the side
3-4 Step right across left and point left toe to the side
5-6 Swivel ¼ left on right foot, hitch left foot across right
7&8 Step left forward, step right back, step left forward

RIGHT LOCK STEP, FULL TURN RIGHT, LEFT LOCK STEP BACK, RIGHT COASTER STEP

1&2 Step right forward, step left behind right, step right forward
3-4 ½ turn right stepping back on left, ½ turn right stepping forward on right
5&6 Step left back, step right across left, step left back
7&8 Step right back, step left back next to right, step right forward

STEP LEFT FORWARD ¼ TURN RIGHT, LEFT CROSS SHUFFLE, TOUCH RIGHT HEEL, BALL CROSS, TOUCH RIGHT HEEL BALL CROSS

1-2 Step left forward ¼ turn right
3&4 Left cross shuffle
5&6 Touch right heel to right diagonal, step right back behind left, step left across right
7&8 Touch right heel to right diagonal, step right back behind left, step left across right

On the touch heel bend both arms up to right shoulder & click fingers, on the ball cross take both arms down to left hip

ROCK RIGHT RECOVER, BEHIND SIDE CROSS, TOUCH LEFT HEEL, BALL CROSS, TOUCH LEFT HEEL, BALL CROSS

1-2 Rock right to right, replace on left
3&4 Step right behind left, step left to left, cross right over left
5&6 Touch left heel to left diagonal, step left back behind right, step right across left
7&8 Touch left heel to left diagonal, step left back behind right, step right across left

On the touch heel bend both arms up to left shoulder and click fingers, on the ball cross take both arms down to the right hip

ROCK LEFT RECOVER, BEHIND SIDE CROSS, STEP BACK RIGHT ¼ TURN LEFT, STEP LEFT TO LEFT WITH ¼ TURN LEFT RIGHT MAMBO

1-2 Rock left, replace on right
3&4 Step left behind right, step right to right, step left across right
5-6 Step back right with ¼ left, step left to left with ¼ turn left
7&8 Cross rock right across left, recover weight on left, step right next to left

LEFT ACROSS RIGHT, RIGHT TO RIGHT, BEHIND SIDE TOUCH LEFT HEEL, STEP, FRONT, SIDE, BEHIND SIDE TOUCH RIGHT HEEL

1-2 Step left across right, step right to right

- 3&4 Step left behind right, step right next to left, touch left heel to left diagonal
&5-6 Step left in place, step right across left, step left to left
7&8 Step right behind left, step left in place, touch right heel to right diagonal

STEP RIGHT IN PLACE, STEP LEFT ACROSS RIGHT, STEP BACK ON RIGHT MAKING ¼ TURN LEFT, STEP ¼ TURN LEFT CHASSE, CROSS RIGHT OVER LEFT, PIVOT FULL TURN, STEP RIGHT TO RIGHT, STEP LEFT NEXT TO RIGHT AND POP RIGHT KNEE FORWARD

- &1-2 Step right in place, step left across right, step back on right turning ¼ turn left
3&4 Step ¼ turn left, step right next to left, step left to left
5-6 Cross right over left and pivot full turn (weight on left)
7-8 Step right to right, step left next to right and pop right knee forward

On the 6th wall dance up to steps 3 & 4 in section 4 and take a long step to the right dragging left foot to touch next to right for a stylish finish with arms stretched out to either side

REPEAT
