

Forever Dance

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Bill Bader (CAN)
音樂: Forever and Ever, Amen - Randy Travis



MAMBO FORWARD & BACK, MAMBO BACK & FORWARD, FORWARD ½ PIVOT, FORWARD ¼ PIVOT

1&2 Step right forward, recover weight onto left, step right back
3&4 Step left back, recover weight onto right, step left forward
5-6 Step right forward, pivot turn ½ left onto left
7-8 Step right forward, pivot turn ¼ left onto left

SAMBA STEP, SAMBA STEP, JAZZ BOX TURNING ¼ RIGHT

1&2 Cross step right over left, step left to left side, recover weight onto right
3&4 Cross step left over right, step right to right side, recover weight onto left
5-6 Cross step right over left, step left back
7-8 Step right to right side turning ¼ right, step left forward

On your 5th repetition, restart from here

PADDLE TURNS ¼ & ¼, SHUFFLE FORWARD, PADDLE TURNS ¼ & ¼, ROCK FORWARD-BACK

1& Paddle turn ¼: place ball of right foot forward, pushing off onto left with a ¼ turn left
2& Paddle turn ¼: place ball of right foot forward, pushing off onto left with a ¼ turn left
3&4 Step right forward, step left beside right, step right forward
5& Paddle turn ¼: place ball of left foot forward, pushing off onto right with a ¼ turn right
6& Paddle turn ¼: place ball of left foot forward, pushing off onto right with a ¼ turn right
7-8 Step left forward, rock back onto right

SHUFFLE BACK, RONDE TURN ½ RIGHT, TOE SWITCHES LEFT & RIGHT & LEFT, MONTEREY TURN ¼ LEFT

1&2 Step left back, step right beside left, step left back
3 Begin the ronde by sweeping right toe from front to side to back
4 Continue the ronde turning ½ right ending with a step right beside left
5& Touch left toe to left side, step left beside right
6& Touch right toe to right side, step right beside left
7 Touch left toe to left side
8 Monterey turn ¼ left stepping left beside right

REPEAT

RESTART

On the 5th wall, dance only the first 16 counts and then restart
