

Forever Green

拍數: 48 牆數: 4 級數: Beginner
編舞者: Angie Shirley (UK)
音樂: Lord of the Dance - Ronan Hardiman



SHUFFLE FORWARD, TOE POINTS, CROSS OVER, UNWIND

1&2 Shuffle forward on right foot stepping right, left, right
3&4 Shuffle forward on left foot stepping left, right left
5& Point right toe to right side, step right foot next to left
6& Point left toe to left side, cross left foot over right
7-8 Unwind ½ turn over right shoulder

SHUFFLE FORWARD, TOE POINTS, CROSS OVER, UNWIND

9&10 Shuffle forward on right foot stepping right, left, right
11&12 Shuffle forward on left foot, stepping left, right, left
13& Point right toe to right side, step right foot next to left
14& Point left toe to left side, cross left foot over right
15-16 Unwind ½ turn over right shoulder

SCUFF, SWING, SHUFFLE BACK

17-18 Scuff right heel forward, swing right foot out to right side
19&20 Shuffle back on right foot stepping right, left, right
21-22 Scuff left heel forward, swing left foot out to left side
23&24 Shuffle back on left foot stepping left, right, left

SHUFFLE FORWARD, STEP, PIVOT

25&26 Shuffle forward on right foot stepping right, left, right
27-28 Step forward on left foot, pivot half turn over right shoulder
29&30 Shuffle forward on left foot stepping left, right, left
31-32 Step forward on right foot, pivot half turn over left shoulder

SYNCOPATED SIDE STEPS, SCUFF, SWING, COASTER STEP

33& Step right foot to right side, cross step left foot behind right
34 Step right foot to right side
35& Cross step left foot in front of right, step right foot to right side
36 Cross step left foot in front of right
37-38 Scuff right heel forward, swing right foot out to right side
39& Step back on right foot, step left foot next to right
40 Step forward on right foot

SYNCOPATED SIDE STEPS, SCUFF, SWING, QUARTER TURN LEFT, COASTER STEP

41& Step left foot to left side, cross step right foot behind left
42 Step left foot left side
43& Cross step right foot in front of left, step left foot to left side
44 Cross step right foot in front of left
45-46 Scuff left heel forward, swing left foot out to left side making quarter turn to left
47& Step back on left foot, step right foot next to left
48 Step left foot forward

REPEAT

COMPULSORY EXTRA 16 COUNTS

As you swing left foot out and make quarter turn to 4th wall (1st round only) finish the coaster step, then wait for 8 counts during break in music tempo, then stomp right foot forward and fan toe to right, left, right, stomp left foot forward and fan toe to left, right, left. Resume dance, shuffling forward.

While waiting to begin, stretch both arms to the left at shoulder height with right toe behind left leg.
