

Forever In Your Arms

COPPER **NOB**
BY STEPHEN BATES

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音樂: Forever and for Always - Shania Twain



When dancing to "Forever & For Always", use the Red Version of the album. Music fades in and when Shania starts to hum count 5-6-7-8 and start the dance on the first strong beat. You will dance the first 32 counts of the dance before she starts to sing the verse vocal. Dance will finish facing front wall. Cross arms over chest when Shania sings 'In your arms' as you complete the dance

When dancing to "(Wanna Get To Know You) That Good!", use the Blue Version of the album. Start 32 counts after beat starts. She'll sing "I'll be...". Start on the word "there"

LEFT SIDE TOGETHER FORWARD, WALK FORWARD 2, RIGHT SIDE SHUFFLE, ¼ LEFT & LEFT SIDE SHUFFLE

1&2 Step left to left side, step right together, step left forward
3-4 Step right forward, step left forward
5&6 Step right to right side, step left together, step right to right side
&7&8 Turn ¼ left on right foot, step left to left side, step right together, step left to left side

FULL TURN LEFT (ON THE SPOT), LEFT SAILOR HEEL, LEFT BACK, WEAVE LEFT 2, RIGHT SAILOR HEEL, RIGHT BACK

1&2 Turning ¼ left step right forward, turning ½ left step left forward, turning ¼ left step right to right side
3&4 Cross step left behind right, step right to right side, touch left heel forward
&5-6 Step left back, cross step right over left, step left to left side
7&8& Cross step right behind left, step left to left side, touch right heel forward, step right back

LEFT CROSS STEP, ¼ LEFT WITH RIGHT BACK, ½ LEFT FORWARD SHUFFLE, RIGHT MAMBO FORWARD, LEFT LOCK STEP BACK

1-2 Cross step left over right, turning ¼ left step right back
3&4 Turning ½ left step left forward, step right together, step left forward
5&6 Rock right forward, recover weight on left, step right together
7&8 Step left back, cross right over left, step left back

RIGHT COASTER STEP BACK, LEFT KICK BALL STEP, LEFT SIDE ROCK, RECOVER & CROSS STEP, RIGHT SIDE TOUCHES

1&2 Step right back, step left together, step right forward
3&4 Kick left forward, step left together, step right forward
5&6 Left side rock, recover weight on right, cross step left over right
7&8 Touch right toes to right side, touch right together, touch right toes to right side

WALK FORWARD 2, RIGHT FORWARD, ½ LEFT PIVOT TURN, STEP RIGHT FORWARD, FULL RIGHT TURN TRAVELING FORWARD, RIGHT KICK BALL CHANGE

1-2 Step right forward, step left forward
3&4 Step right forward, pivot ½ left, step right forward
5&6 Turning ½ right step left back, turning ½ right step right forward, step left forward
7&8 Kick right forward, step right together, step left together

RIGHT FORWARD MAMBO STEP, LEFT COAST STEP BACK, RIGHT FORWARD, ½ LEFT PIVOT TURN, TURNING ¼ RIGHT SIDE ROCK, RECOVER & CROSS STEP

1&2 Rock right forward, recover weight on left, step right together
3&4 Step left back, step right together, step left forward
5-6 Step right forward, pivot ½ left

7&8

Turning $\frac{1}{4}$ left rock right to right side, recover weight on left, cross step right over left

REPEAT
