

Back Forever

拍數: 32 牆數: 4 級數: Improver
編舞者: Chris Cleevely (UK)
音樂: Now And Forever - Anne Murray



CROSS ROCK, STEPS (X 4)

1&2 Cross rock right over left, recover weight on left (stepping back slightly), step forward on right
3&4 Cross rock left over right, recover weight on right, (stepping back slightly) step forward on left
5&6 Repeat steps 1&2
7&8 Repeat steps 3&4

MAMBO ½ TURN RIGHT; FULL TURN FORWARD (OR LEFT FORWARD SHUFFLE); PRISSY STEPS; FORWARD COASTER STEP

9&10 Rock forward on right, recover weight on left, step ½ turn right
11&12 Make a full turn forward over right shoulder stepping left/right/left
13-14 Twist right over left, twist left over right
15&16 Step forward on right, step left by right, step back on right

SAILOR ¼ TURN LEFT; ROCK FORWARD, RECOVER, STEP BACK; ROCK BACK, RECOVER, STEP FORWARD; FORWARD RIGHT LOCK STEP

17&18 Cross left behind right, making ¼ turn left step right to right side & left to left side
19&20 Rock forward on right, recover weight on left, step back on right
21&22 Rock back on left, recover weight on right, step forward on left
23&24 Step forward on right, lock left behind right, step forward on right

¼ TURN RIGHT, TOUCH RIGHT; RIGHT CHASSE ¼ TURN RIGHT; RIGHT ¼ TURN, LEFT CHASSE ¼ TURN LEFT; BALL STEP, TOUCH RIGHT

25-26 Making ¼ turn right, step left to left side, touch right toe by left
27&28 Step right to right side, step left next to right, step ¼ turn right
29&30 Making ¼ turn right, step left to left side, step right by left, step ¼ turn left
&31-32 Take weight onto ball of right foot, step forward on left, touch right toe by left

REPEAT

RESTART

(Anne Murray track only)

On wall 7 (when instrumental begins) dance up to and including count 26, then step ¼ turn right - weight on right (count 27), step forward on left (count 28) and restart the dance