

# Always Forever

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Leann O'Neill  
音樂: Forever and for Always - Shania Twain



The choreographer was age 15 when this dance was written  
Start when she sings; "I can hear your heartbeat now"

## ROCK STEP; CROSS STEP CROSS; ROCK STEP; BEHIND STEP CROSS

1-2            Rock right out to right side; recover weight onto left  
3&4           Cross right over left; step left to left side; cross right over left  
5-6           Rock left out to left side; recover weight onto right  
7&8           Step left foot behind right; step right foot to right side; cross left over right

## POINT STEP; FULL TURN; ROCK & TOGETHER; BEHIND SIDE CROSS

1&2           Point right to right side; then do a full turn over right (keeping weight on right)  
3&4           Rock left to left side; recover weight onto right; step left beside right  
5-6           Rock right to right side; recover weight onto left foot  
7&8           Step right foot behind left; step left to left side; cross right over left

## ¾ SHUFFLE TURN; STEP BACK RIGHT & LEFT; ¾ SHUFFLE TURN; POINT LEFT & STEP

1&2           Do a ¾ shuffle turn over right stepping right, left, right  
3-4           Step back on right foot; step back on left foot  
5&6           Do a ¾ shuffle turn over right stepping right, left, right  
7-8           Point left foot to left side; step left foot forward.(slightly crossing over right)

## HIP BUMPS; RIGHT COASTER STEP; ¾ CHUG TURNS

1&2           Stepping forward on right bump right hip forward, bump right hip back, bump right hip forward  
3&4           Step back on right; bring left beside right; forward on right  
5-6           Chug left foot into a ½ turn right, chug left foot into a ¼ turn right  
7&8           Cross left foot over right; step right to side; cross left foot over right

REPEAT

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