Always, Forever

拍數: 32

級數: Improver

編舞者: Sandie Lilholt Kristensen

音樂: I Love You Always Forever - Donna Lewis

Long intro. Start the dance as the music speeds up, after about 1 minute

POINT, POINT, COASTER STEP

- 1-2 Point right toe forward, point right toe to the right side
- 3&4 Step back right, step left beside right, step forward right
- 5-6 Point left toe forward, point left toe to the left side
- 7&8 Step back left, step right beside left, step forward left

HIP BUMPS RIGHT, HIP BUMPS LEFT, TWO ¼ PADDLE TURNS

- 1-2 Step forward right, as you bump your hips twice to the right
- 3-4 Step forward left, as you bump your hips twice to the left
- 5-6 Step forward right, on ball of left, turn 1/4 to the left
- 7-8 Step forward right, on ball of left, turn 1/4 to the left

Restart from here on 9th wall (facing back wall)

ROCK STEP FORWARD, RECOVER, TRIPLE STEP ON THE SPOT, SIDE, TOGETHER, LEFT CHASSE

- 1-2 Rock forward right, recover left
- 3&4 Step right beside left, step left in place, step right in place
- 5-6 Step left to the left, step right beside left
- Step left to the left, step right beside left, step left to the left 7&8

1/2 PIVOT TURN LEFT, TWICE, ROCKING CHAIR

- 1-2 Step forward right, turn 1/2 to the left
- 3-4 Step forward right, turn 1/2 to the left
- 5-6 Rock forward right, recover left
- 7-8 Rock back on right, recover left

REPEAT

RESTART On wall 9, restart after count 16





牆數:2