

Forever And A Day

COPPER KNOB
BY SHEETS

拍數: 56 牆數: 2 級數: Intermediate
編舞者: William Sevone (UK) - September 2007
音樂: I Will Always Love You - Dolly Parton : (CD: Greatest Hits)



Choreographers note:- The full turn sweeps may present a problem for some dancers - see foot of script.

I have used the original RCA recording ? to me, there IS a big difference.

Dances to songs such as this, use of arms and hands can add to the serenity of a particular movement

Always remember- 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance start's on the word ?I? as in ?If I should stay...? feet together, weight on left.

SIDE HIP SWAYS. BEHIND. 1/4 RIGHT FWD. CROSS. 2 X BWD (3:00)

- 1-4 Stepping right to right: hip sway to right. Hip sway to left. Hip sway to right. Step left behind right.
5-6 Turn 1/4 right & step forward onto right. Cross left over right.
7-8 Step backward onto right. Step backward onto left.

1/2 RIGHT FWD. FWD. CROSS. 2X BWD. 3/4 LEFT. 3X DIAGONAL HIP SWAY (12:00)

- 9-10 Turn right 1/2 right & step forward onto right (9). Step forward onto left.
11-12 Cross right over left. Step backward onto left.
13-14 Step backward onto right. Turn 3/4 left & step left diagonal left: with hip sway (left arm sweep to left)
15 Step right diagonal right: with hip sway (right arm sweep to right)
16 Step left diagonal left: with hip sway (left arm sweep to left)
Dance note: *Diagonal step movements are short and similar to a shallow lunge*

2X DIAGONAL HIP SWAY. 2X SIDE HIP SWAY. RECOVER. 1/2 LEFT. 3X DIAGONAL HIP SWAY (6:00)

- 17 Step right diagonal right: with hip sway (right arm sweep to right)
18 Step left diagonal left: with hip sway (left arm sweep to left)
19-20 Stepping right to right: Hip sway to right. Hip sway to left.
21-22 Recover weight to right. Turn 1/2 left & step left diagonal left: with hip sway (left arm sweep to left)
23 Step right diagonal right: with hip sway (right arm sweep to right)
24 Step left diagonal left: with hip sway (left arm sweep to left)
Dance note: *Diagonal step movements are short and similar to a shallow lunge*

BRIDAL WEDDING MARCH (6:00)

- 25-30 Walk forward: Right. Left. Right. Left. Right. Left.
31-32 Walk backward: Right. Left.
Style note: *Scene - a Bride walking along the aisle - with slight ?fall & rise? action within each count*

1/2 RIGHT FWD. FWD. 2X FWD FULL TURN-FWD. ROCK. RECOVER (12:00)

- 33-34 Turn 1/2 right & step forward onto right. Step forward onto left.
35-36 Forward full right & step forward onto right. Step forward onto left.
37-38 Forward full right & step forward onto right. Step forward onto left.
39-40 Rock forward onto right. Rock onto left.

2X 1/2 RIGHT SIDE. FULL TURN SWEEP. SIDE. CROSS. SIDE. 2X HIP SWAY (12:00)

- 41-42 Turn 1/2 right & step right to right (6).
 Turn 1/2 right & step left to left (12).
43-44 bending knees slightly - Sweep FULL turn right. Step right to right.
45-46 Cross left over right. Step right to right.
47-48 Stepping left to left: sway hips to left. Sway hips to left.

2X 1/2 LEFT SIDE. FULL TURN SWEEP. SIDE. CROSS. SIDE. 2X HIP SWAY. 1/2 RIGHT (6:00)

49-50 Turn ½ left & step left to left (6). Turn ½ left & step right to right (12).
51-52 bending knees slightly - Sweep FULL turn left. Step left to left.
53-54 Cross right over left. Step left to left.
55-56 Stepping right to right: sway hips to right. (weight onto left) Sway hips to left.
& Turn ½ right (right foot ready to step to side ? Count 1)

Note: Full turn sweeps: If dancers find it difficult to perform in one continuous movement then, half way around touch (sweep) foot to floor for balance, then quickly ?push off? to continue move.

DANCE FINISH: Count 56 (do NOT include ?? turn) of the 3rd wall ? continue hip sways to end of music
