

# 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**

---