

Forever And Ever

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Sobrielo Philip Gene (SG) - May 2008
音樂: Forever and Ever, Amen - Randy Travis



STEP TOGETHER FORWARD SCUFF ?2, FORWARD COASTER, BACK COASTER

1&2& Step right to right (1), step left beside right (&), step right forward (2), scuff left forward (&)
3&4& Step left to left (3), step right beside left (&), step left forward (4), scuff right forward (&)
5&6 Step right forward (5), step left beside right (&), step right back(6)
7&8 Step left back(7), step right beside left (&), step left forward (8)

TOE STRUTS ROCK BACK ?2, SIDE ROCK CROSS ?2

1&2& Touch right to right (1), step right down (&), rock left behind right (2), recover weight onto right(&)
3&4& Touch left to left (3), step left down (&), rock right behind left (4), recover weight onto left(&)
5&6 Rock right to right (5), recover weight onto left (&), cross right over left (6)
7&8 Rock left to left (7), recover weight onto right (&), cross left over right (8)

SIDE SHUFFLE, ROCK RECOVER ½ TURN, SIDE SHUFFLE ROCK RECOVER ¼ TURN

1&2& Step right to right (1), step left beside right (&), step right to right (2) scuff left forward(&)
3&4 Rock left over right (3), recover weight onto right (&), making ½ turn left step left forward (4)
5&6& Step right to right (5), step left beside right (&), step right to right (6) scuff left forward(&)
7&8 Rock left over right (3), recover weight onto right (&), making ¼ turn left step left forward (4)

FORWARD SHUFFLE ?2, HEEL STRUTS, TOE STRUTS

1&2& Step right forward (1), step left beside right (&), step right forward (2), scuff left forward (&)
3&4& Step left forward (3), step right beside left (&), step left forward (4), scuff right forward (&)
5&6& Step right heel forward (5), step right back to centre (&), step left heel forward (6), step left beside right (&)
7&8& Touch right back (7), step right beside left (&), touch left back (8), step left beside right (&)

Start again

RESTART: On the 6th wall do 16 counts and start again(until side rock cross)