

Forever Friends

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Beginner
編舞者: Quanjian Choreography Team (CN) - January 2008
音樂: Forever Friends - CD: 08 Beijing Olympics Games Theme Song



(1 – 8) Vine Right, Point Lf, Clap Hands, Vine Left, Point Rf, Clap Hands

1 - 4 Step RF to R, step LF behind RF, step RF to R, point LF beside RF, Clap hands
5 - 8 Step LF to L, step RF behind LF, step LF to L, point RF beside LF, clap hands

(9 – 16) Step Rf, Touch L Heel, Clap Hands, Step Lf, Touch R Heel, Clap Hands

1 - 4 Step RF down beside LF, touch L heel fw, clap hands, step LF beside RF, touch R heel Fwd, clap hands
5 - 8 Repeat 1 - 4

(17 – 24) Rock R, L With Arms Swing

1 - 2 step RF to R, transferring weight onto RF, swinging arms in front of body to R
3 - 4 step LF to L, transferring weight onto LF swinging arms in front of body to L
5 - 8 Repeat 1 - 4

(25 – 32) Rock Step, ½ Turn R, Shuffle Forward; Pivot ½ Turn R, Shuffle Forward

1 - 4 Step RF forward, rock back onto LF, ½ turn to R, shuffle forward R,L,R
5 - 8 Step LF forward, pivot ½ turn R on ball of RF, shuffle forward L,R,L

(33 – 40) Walk Forward 3 Steps, Point Lf, Walk Backward 3 Steps Point Rf

1 - 4 Walk forward R,L,R, raising both hands gradually upward, point LF beside RF
5 - 8 Walk backward L,R,L, lowering hands gradually down, point RF beside LF

(41 -48) Walk 3 Steps To R, Kick Lf, Walk 3 Steps To L, Kick Rf

1 - 4 Body facing slightly to R diagonal, walk 3 steps to R, kick LF to R diagonal
5 - 8 Body facing slightly to L diagonal, Walk 3 steps to L, kick RF to L diagonal

(All may join hands to dance this section)

(49 – 56) Step Rf Fwd, Point Lf Behind Rf, Step Lf Bwd, Point Rf In Front Of Lf

1 - 4 Step RF forward, point LF behind RF, step LF backward, point RF in front of LF
5 - 8 Repeat 1 - 4

(All may join hands to dance this section)

(57 – 64) Side Point R, L, R; ½ R Monterey Turn

1 - 4 Point RF to R, step RF beside LF, point LF to L, step LF beside RF
5 - 8 Point RF to R, ½ turn R, step RF next to LF, point LF to L, step LF beside RF (6:00)

Repeat

ENDING: At the 7th wall, when facing 12.00, at the lyrics' one world one dream', open up both Hands, then wave both hands to R and to L until the end of the song