

# Now And Forever

COPPER KNOB  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Andy Chumbley (USA) - June 2008  
音樂: Now and Forever - Richard Marx



**Intro: 16 count intro.starts prior to vocals**

## Rock Recover, 1/4 Turn Left, Full Turn

1&2      Rock left behind right, recover on right, step left on left  
3&4      Rock right behind left, recover on left, step right on right  
5&6      Stepping back on left turn 1/4 turn to left, step back slightly on right, cross left over right  
7&8      1/4 turn left stepping back on right, 1/2 turn left stepping forward on left, 1/4 turn left stepping right to right (9:00)

## Rock Recover, 1/4 Turn Left, 1/4 Turn Right, 1/4 Turn Left, Back Step Cross

1&2      Rock left behind right, recover on right, step left to left  
3&4      Rock right behind left, step left 1/4 turn to left, step forward on right  
5&6      Step forward on left, 1/4 turn right transferring weight to right, cross left over right  
7&8      1/4 turn left stepping back on right, step back diagonally on left, cross right over left (6:00)

## Sway X2, Side Shuffle, 1/4 Turn Left, 1/2 Turn Right

1-2&3      Sway left, sway right, step left behind right, cross right over left  
4&5      Step left to left, step right next to left, step left to left  
6&7      Step right behind left, step left 1/4 turn to left, step forward on right  
8&      Step forward on left, 1/2 turn right stepping forward on right (9:00)

## Make 1/2 Turn Right, Coaster Step, Lockstep, Pivot, Side Rock Recover

1      1/2 turn right stepping back on left  
2&3      Step back on right, step left next to right, step forward on right  
4&5      Step forward on left, step right behind left, step forward on left  
6&7      Step forward on right, pivot 1/2 turn left stepping forward on left, step forward on right  
8&      Rock left to left, recover on right (9:00)

**Repeat**

**Option: the music slows on the 8th wall, section 3, counts 8&1 will put you on the front wall where you can spread your arms out waist high, palms out for a nice finish.**