

Forever I (P)

拍數: 32 牆數: 0 級數: Partner
編舞者: Anna Picerno (DE) - December 2011
音樂: Forever - Brødrene Olsen



Partner Dance Side by Side (Man start with RF)

Lady :Step, touch behind, shuffle back, rock back, shuffle forward

1 - 2 LF step forward, RF touch behind LF
3&4 RF step back, LF step next RF, RF step back (r-l-r)
5 - 6 LF rock back, recover on RF
7&8 LF step forward, RF step next LF, LF step Forward (l-r-l)

Lady:Step, pivot ¼ l, crossing shuffle, side rock turning ¼ r, shuffle forward

1 - 2 RF step forward, ¼ turn left
3&4 RF cross over LF, LF step next RF, LF step left (Hands holding crossed)
5 - 6 LF rock to the left , RF recover ¼ turn right ,
7&8 LF step forward, RF step next LF, LF step Forward (l-r-l)

(Lady) ½ turn l, ½ turn l, shuffle forward, rock forward, shuffle back turning ½ l

1 - 2 RF step forward ½ left, LF step back ½ turning left
3&4 RF step forward, LF step next RF, RF step Forward (r-l-r-)
5&6 LF rock forward, recover on RF
7&8 LF shuffle back ½ turning left (l-r-l)

(Man Walk 2, shuffle forward, rock forward, shuffle back

1 – 2 LF step forward, RF step forward, (holding mans right and ladys left hand)
3&4 LF step forward, RF step next LF, LF step Forward (l-r-l)
5 – 6 RF rock forward , recover on LF
7&8 RF step back, LF step next RF, RF step back (r-l-r)

(Lady) Shuffle forward turning ½ l, rock back, shuffle forward l + r

1&2 RF shuffle forward ½ turning left (r-l-r)
3 – 4 LF rock back , recover on RF
5&6 LF step forward, RF step next LF, LF step Forward (l-r-l)
7&8 RF step forward, LF step next RF, RF step Forward (r-l-r-)

(Man) Shuffle back, rock back, shuffle forward r + l

1&2 LF step back, RF step next LF, LF step back (l-r-l)
3 – 4 RF rock back, recover on LF
5&6 RF step forward, LF step next RF, RF step Forward (r-l-r-)
7&8 LF step forward, RF step next LF, LF step Forward (l-r-l)