

# Forever Rumba

**COPPER KNOB**  
BY STEPHEN TSE

拍數: 32      牆數: 2  
編舞者: Irene Tang (HK) - January 2013  
音樂: Forever - Lisa Lisa & Cult Jam

級數: Beginner - Rumba



Count In: After 32 counts

## SEC 1: SIDE, HOLD, BACK ROCK, RECOVER, SIDE, HOLD, FWD ROCK, RECOVER

1 – 2      Side LF to L, Hold  
3 – 4      Rock RF back, Recover weight to LF  
5 – 6      Side RF to R, Hold  
7 – 8      Rock LF fwd, Recover weight to RF

## SEC 2: SWAY, HOLD, SWAY, SWAY, SWAY, HOLD, SWAY, SWAY

1 – 2      Side LF to L with sway, Hold  
3 – 4      Sway to R with full weight transfer, Sway to L with full weight transfer  
5 – 6      Sway to R with full weight transfer, Hold  
7 – 8      Sway to L with full weight transfer, Sway to R with full weight transfer

## SEC 3: FWD, 1/2, BACK ROCK, RECOVER, FWD, HOLD, FWD ROCK, RECOVER

1 – 2      Step LF fwd, pivot 1/2 R keeping weight on LF  
3 – 4      Rock RF back, Recover weight to LF  
5 – 6      Step RF fwd, Hold  
7 – 8      Rock LF fwd, Recover weight to RF

## SEC 4: BEHIND SIDE CROSS, POINT, CROSS SIDE BEHIND, POINT

1 – 4      Cross LF behind RF, Close RF to LF, Cross LF over RF, Point RF to R  
5 – 8      Cross RF over LF, Close LF to RF, Cross RF behind LF, Point LF to L

**NOTE :** The "hold" on Count 2 & 6 of Section 1, 2 & 3 allow you to settle your hip on the heel of your weight foot with full weight transfer

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