

Forever And Ever

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Deshimona (INA) - January 2014
音樂: Forever and Ever - Demis Roussos : (Album: OST. Wild Child)



Intro 32 counts

Section 1 : Modified Rumba Box

1 2 3 4 Step R to R side, step L beside R, step R forward, hold (12.00)
5 6 7 8 Step L to L side, step R beside L, step L forward, hold (12.00)

Section 2 : Turn ¼ L & Large Step, Hold, Behind, Sweep, Behind, Side, Recover, Hold

1 2 3 4 Turn ¼ L make a large step to R side, hold, step L behind R, sweep R foot from front to back (9.00)
5 6 7 8 Step R behind L, step L to L side, recover on R, hold (9.00)

Section 3 : Large Step, Hold, Cross, Turn ¼ R & Touch, Step Forward, Turn ½ L & Touch, Step Forward, Turn ¼ R & Touch

1 2 3 4 Large step to L side, hold, step R cross over L, turn ¼ R touch L beside R (12.00)
5 6 7 8 Step L forward, turn ½ L touch R beside L (6.00), step R forward, turn ¼ R touch L beside R (9.00)

(Restart here on wall 5 & 11 : instead of 'touch' replace count 8 with 'step')

Section 4 : Step Forward, Hold, Turn ½ L, Step Back, Drag, Beside, Step Forward, Hold

1 2 3 4 Step L forward, hold, turn ½ L step back on R, step back on L (3.00)
5 6 7 8 Drag R towards L, step R beside L (weight on R), step L forward, hold (3.00)

(Options count 7 8 : Full spiral to R)

RESTART :

On wall 5 after count 24 (you will be facing 9.00 to start the dance) & on wall 11 after count 24 (you will be facing 9.00 to start the dance).

Note: instead of 'touch' replace count 24 with 'step'.

ENJOY THE DANCE !

Contact person : mdeshimona@yahoo.com