Count: 64
Wall: 4
Level: Improver
Choreographer: Karl-Jürgen Lüdecke (DE) - September 2011
Music: Forever and Ever, Amen - Randy Travis
Alt. Music:-
Snowbird by Anne Murray ( 209 bpm )
Or any "Quickstep"-Music ( 174 - 194 bpm preferred )
Cross Step, Hold, Recover, Hold, Chasse Left, Hold

| $1-4$ | [SS] Cross LF over RF, Hold, recover onto RF, Hold |
| :--- | :--- |
| $5-8$ | [QQS] Step LF to left, step RF beside LF, step LF to left, Hold |
| Step Forward, Hold, Chasse Left, Hold, Step Backward, Hold |  |
| $1-2$ [S] Step RF forward, Hold <br> $3-6$ [QQS] Step LF to left, step RF beside LF, step LF to left side, Hold <br> $7-8$ [S] Step RF backward, Hold |  |$.$

Step Forward, Hold, Lockstep Forward, Hold, Step Forward, Hold
1-2 [S] Step LF forward, Hold
3-6 [QQS] Step forward RF, cross LF behind RF, step forward RF, Hold
7-8 [S] Step LF forward, Hold
Recover, Hold, Lockstep Backward, Hold, Step Backward, Hold

| $1-2$ | [S] recover to RF, Hold |
| :--- | :--- |
| $3-6$ | [QQS] Step LF back, cross RF before LF, step back LF, Hold |
| $7-8$ | $[S]$ Step right backward, Hold |

7-8 [S] Step right backward, Hold
Coasterstep, Hold, Step Forward, $2 \times 1 / 4$ Turn Right,
1-4 [QQS] Step LF back, RF close to LF, step LF forward, Hold
5-8 [SQQ] Step RF forward, Hold, $1 / 4$ turn to right step LF to side, $1 / 4$ turn to right step RF beside
LF
Step Backward, Hold, Lockstep Backward, Hold, Step Backward, Hold
1-2 [S] Step LF back, Hold
3-6 [QQS] Step RF back, cross LF before RF, step RF back, Hold
7-8 [S] Step LF back, Hold
Rock Back, Hold, Recover, Hold, Lockstep Forward, Hold

| $1-4$ | [SS] Step RF back, Hold, recover to LF, Hold |
| :--- | :--- |
| $5-8$ | [QQS] step RF forward, cross LF behind RF, step RF forward, Hold |

$1 / 4$ Turn to right with Side Shuffle Left, Hold, Side Shuffle Right, Hold
1-4 [QQS] Side Shuffle turning $1 / 4$ to right LF, RF, LF, Hold
5-8 [QQS] Side Shuffle RF, LF, RF, Hold

## Repeat

Note:
All " S " - steps ( 2 beats ) have to dance flat with bended knees, the " $Q$ " - steps ( 1 beat ) have to dance on balls of the feets, " $S$ "-steps following " $Q$ "- steps have to layer from ball to flat foot.

So it's getting the motion "Rise \& Fall"

