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| You Are Forever In My Heart (在心裡從此永遠有個你) (zh) |  |

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| **拍数:** | 32 | **墙数:** | 2 | **级数:** | Absolute Beginner | . |
| **编舞者:** | Nina Chen (TW) - 2017年11月 | | | | |
| **音乐:** | You Are Forever In My Heart (在心裡從此永遠有個你) - Ziling Liu (劉紫玲) | | | | |
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**Intro: 32 counts - No Tag ! No Restart !!**

**Sec 1: ROCKING CHAIR, SIDE - TOGETHER, R CHASSE**

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| 1-4 | Rock RF fwd - Recover on LF - Rock RF back - Recover on LF |

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| 5-6, 7&8 | Step RF to R - Step LF beside RF, Step RF to R - Step LF beside RF - Step RF to R |

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| 1-4 | 右足前下沉 - 重心回左足 - 右足後下沉 - 重心回左足 |

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| 5-6, 7&8 | 右足右踏 - 左足併踏右足旁, 右足右踏 - 左足併踏右足旁 - 右足右踏 |

**Sec 2: ROCKING CHAIR, SIDE - TOGETHER, L CHASSE**

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| 1-4 | Rock LF fwd - Recover on RF - Rock LF back - Recover on RF |

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| 5-6, 7&8 | Step LF to L - Step RF beside LF, Step LF to L - Step RF beside LF - Step LF to L |

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| 1-4 | 左足前下沉 - 重心回右足 - 左足後下沉 - 重心回右足 |

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| 5-6, 7&8 | 左足左踏 - 右足併踏左足旁, 左足左踏 - 右足併踏左足旁 - 左足左踏 |

**Sec 3: ROCK FWD - RECOVER, BACK SHUFFLE, ROCK BACK - RECOVER, FWD SHUFFLE**

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| 1-2, 3&4 | Rock RF fwd - Recover on LF, Step RF back - Cross LF over RF - Step RF back |

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| 5-6, 7&8 | Rock LF back - Recover on RF, Step LF fwd - Step RF beside LF - Step LF fwd |

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| 1-2, 3&4 | 右足前下沉 - 重心回左足, 右足後踏 - 左足跨於右足前 - 右足後踏 |

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| --- | --- |
| 5-6, 7&8 | 左足後下沉 - 重心回右足, 左足前踏 - 右足併踏左足旁 - 左足前踏 |

**Sec 4: SIDE ROCK - RECOVER, CHA CHA CHA, ROCK FWD - RECOVER, FWD SHUFFLE 1/2 L**

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| 1-2, 3&4 | Rock RF to R - Recover on LF, Step RF beside LF - Step LF inplace - Step RF inplace |

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| 5-6, 7&8 | Rock LF fwd - Recover on RF, 1/4 turn L (9:00) step LF fwd - Step RF beside LF -1/4 turn L (6:00) step LF fwd |

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| 1-2, 3&4 | 右足右下沉 - 重心回左足, 右足併踏左足旁 - 左足原地踏 - 右足原地踏 |

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| --- | --- |
| 5-6, 7&8 | 左足前下沉 - 重心回右足, 左轉1/4 (9:00) 左足前踏 - 右足併踏左足旁 –左轉1/4 (6:00) 左足前踏 |

**Have Fun & Happy Dancing !!!**

**Contact Nina Chen : nina.teach.dance@gmail.com**