

Forever My Love

COPPER KNOB
STEPSHEETS

拍数: 56 墙数: 2 级数: Intermediate
编舞者: Christine Stewart (NZ) - April 2022
音乐: Forever My Love - J Balvin & Ed Sheeran : (Album: Sigue/Forever My Love)



Intro: very quick start...start dancing approx. 3 seconds into the track.....slightly before lyrics

Begin facing front left diagonal (10:30) with weight on Right foot and Left foot touched beside Right foot

[1 - 8] CROSS WALK, CROSS WALK, LEFT MAMBO FORWARD, SWEEP BACK, SWEEP BACK, RIGHT SAILOR $\frac{3}{8}$ TURN RIGHT

- 1 - 2 Facing left front diagonal Step/walk forward on Left foot crossing slightly over in front of Right foot, Step/walk forward on Right foot crossing slightly over in front of Left foot (10:30)
3 & 4 Rock/step Left foot forward, Recover back onto Right foot, Step Left foot back (10:30)
&5&6& Sweep Right foot around from front to back (&), Step onto Right foot behind Left foot (5),
Sweep Left foot around from front to back (&), Step onto Left foot behind Right foot (6),
Sweep Right foot around from front to back (&)

**** Restart 2 during wall 5 you'll be facing 10:30 – Replace counts 7 & 8 below with a Right Coaster Step back then start again from the beginning facing 10:30**

- 7 & 8 Step/Cross Right foot behind Left foot, Turn $\frac{3}{8}$ right and step Left foot to left side, Step Right foot to right side and very slightly forward (3:00)

[9 - 16] ROCK FORWARD, RECOVER BACK, 1 $\frac{1}{2}$ TRIPLE TURN LEFT, SIDE LUNGE, RECOVER, CROSS SAMBA $\frac{1}{8}$ TURN RIGHT

- 1 - 2 Rock/Step Left foot forward, Recover back onto Right foot
3 & 4 Turn $\frac{1}{2}$ left and step Left foot forward, Turn $\frac{1}{2}$ Left and step Right foot back but close to Left foot, Turn $\frac{1}{2}$ left and step Left foot forward very slightly

Easier option: $\frac{1}{2}$ shuffle turn left (9:00)

- 5 - 6 Lunge/step Right foot to right side bending Right knee slightly, Recover sideways onto Left foot
7 & 8 Cross Right foot over in front of Left foot, Step/Rock Left foot to Left side, Turn $\frac{1}{8}$ right and step Right foot forward (10:30)

[17 - 24] ROCK FORWARD, RECOVER BACK, SIDE SHUFFLE WITH $\frac{3}{8}$ TURN LEFT, $\frac{1}{2}$ PIVOT TURN LEFT, ANCHOR STEP

- 1 - 2 Step/Rock left foot forward, Recover back onto Right foot
3 & 4 Turn $\frac{1}{8}$ left and step Left foot to left side, Step onto Right foot beside Left foot, Turn $\frac{1}{4}$ left and step Left foot forward (6:00)
5 - 6 Step Right foot forward, Turn $\frac{1}{2}$ left transferring weight forward onto Left foot (12:00)
7 & 8 Cross Right foot over in front of Left foot, Transfer weight back onto Left foot, Recover forward onto Right foot which is still crossed over in front of Left foot

[25 - 32] CROSS, POINT, CROSS SAMBA $\frac{1}{8}$ TURN RIGHT, ROCK FORWARD, RECOVER BACK, BACK-LOCK-BACK

- 1 - 2 Step/cross Left foot over in front of Right foot, Point/touch Right foot to right side
3 & 4 Cross Right foot over in front of Left foot, Step/Rock Left foot to Left side, Turn $\frac{1}{8}$ right and step Right foot forward (1:30)
5 - 6 Step/rock Left foot forward, Recover back onto Right foot
7 & 8 Step Left foot back, Cross Right foot over in front of Left foot, Step Left foot back (1:30)

[33 - 40] ROCK BACK WITH KNEE POP, RECOVER FORWARD, STEP-LOCK-STEP FORWARD, $\frac{3}{8}$ PIVOT TURN RIGHT, CROSS SAMBA

- 1 - 2 Step/rock Right foot back popping Left knee forward and with Right hip pushed back slightly so that Right leg is straight, Recover forward onto Left foot add ENDING here during wall 6 to finish facing 12:00
- 3 & 4 Step Right foot forward, Cross/lock Left foot behind Right foot, Step Right foot forward *
Restart 1 during wall 2 you'll be facing 7:30 – Hitch Left knee and turn ¼ right on Right foot (&) and start again from the beginning facing 10:30
- 5 – 6 Step Left foot forward, Turn ¾ right transferring weight forward onto Right foot (6:00)
- 7 & 8 Cross Left foot over in front of Right foot, Step/rock Right foot to right side, Recover sideways onto Left foot

[41 - 48] CROSS, SIDE, BEHIND, ¼ TURN LEFT, STEP, STEP TOGETHER, BACK SWEEP, BACK SWEEP, COASTER BACK, STEP TOGETHER

- 1 - 2 Cross Right foot over in front of Left foot, Step Left foot to left side,
- 3 & 4 & Cross/Step Right foot behind Left foot, Turn ¼ left and step Left foot forward, Step Right foot forward, Step onto Left foot beside Right foot (3:00)
- 5&6& Step Right foot back (5), Sweep Left foot around from front to back (&) Step onto Left foot behind Right foot (6), Sweep Right foot around from front to back (7)
- 7 & 8 & Step Right foot back, Step onto Left foot beside Right foot, Step Right foot forward, Step onto Left foot beside Right foot

[49 - 56] ROCK FORWARD, RECOVER BACK, ½ SHUFFLE TURN RIGHT, STEP, ½ PIVOT TURN RIGHT, STEP, ¾ SPIRAL TURN LEFT

- 1 - 2 Step/rock Right foot forward, Recover back onto Left foot (3:00)
- 3 & 4 Turn ¼ right and step Right foot to right side, Step onto Left foot beside Right foot, Turn ¼ right and step Right foot forward (9:00)
- 5 - 6 Step Left foot forward, Turn ½ right transferring weight forward onto Right foot (3:00)
- 7 - 8 Step Left forward, Step Right foot back and turn ¾ left on Right foot (you should end up facing 4.30, weight fully on Right foot ready to start the dance again from the beginning with your Left foot) (4:30)

ENDING: During wall 6 after count 34.

Make a 1/8 turn left turning on Left foot to face 12:00 and cross Right foot over in front of Left foot.

I really hope you like my dance to this beautiful song.

email: christine@silverliningdance.co.nz website: www.silverliningdance.co.nz
