How Long Is Forever

级数: Beginner - Rumba / Bolero

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音乐: How Long Is Forever - Cliff Richard

Introduction: 16 counts. Start on vocal on the word "ASK" at 10 sec. NO TAGS ! NO RESTARTS !

PART I. (TWINKLES: CROSS, HOLD, SIDE, TOGETHER; CROSS, HOLD, SIDE, TOGETHER)

1-2 Step R across L, Hold

拍数: 32

- 3-4 Step L to L, Step-close R beside L
- 5-6 Step L across R, Hold
- 7-8 Step R to R, Step-close L beside R

PART II. (WEAVE: CROSS, SIDE, BACK, SIDE; CROSS, HOLD, BACK, 1/4 R)

- 1-2 Step R across L, Step L to L
- 3-4 Step R back, Step L to L
- 5-6 Step R across L, Hold
- 7-8 Step L back, Step R forward making 1/4 R Turn (3:00)

PART III. (NIGHTCLUB: 1/4 R, HOLD, ROCK BACK, RECOVER; SIDE, HOLD, ROCK BACK RECOVER)

- 1-2 Step L to L making 1/4 R Turn (6:00)
- 3-4 Step R back, Recover forward onto L
- 5-6 Step R to R, Hold
- 7-8 Step L back, Recover forward onto R

PART IV. (RUMBA 1/4 R: SIDE, TOGETHER, 1/8 L TURN, 1/8 L TURN, TOGETHER, BACK, SIDE)

- 1-2 Step L to L, Step-close R beside L
- 3-4 Step L forward making 1/4 L Turn (3:00), Hold
- 5-6 Step R to R, Step-close L beside R
- 7-8 Step R back, Step L to L

REPEAT DANCE.

Suggested Ending: Last Wall at 9:00. Repeat Part I. (1-8), Part II. (1-5) and then continue

6-7 (Step L back, Step R to R making 1/4 R Turn (12:00) and splay arms out to sides)





墙数:4