# For Always (L/P)



拍数: 28 墙数: 4 级数: Improver line/partner dance

编舞者: Sue Halliday (USA)

音乐: Forever and for Always - Shania Twain



Position: Tandem or Indian Position. When doing in Tandem Position, couples must be very close as you're dancing as one. Right arm around lady's waist

## RIGHT AND LEFT SIDE MAMBO STEPS. BACK SHUFFLES

1&2	Rock right foot to side, step left foot in place, step right foot next to left
3&4	Rock left foot to side, step right foot in place, step left foot next to right
5&6	Shuffle back right-left-right turning body slightly to the right
7&8	Shuffle back left-right-left turning body slightly to the left

# 1/4 TURN, MAMBO STEPS, MAN: WALK, TOUCH, LADY: 1/2 TURN, MAMBO STEPS

9& Turning ¼ to the right rock right foot forward, step left foot in place

10 Step right foot next to left

## Couples hands are now in Reverse Sweetheart Position

11&12 Rock left foot back, step right foot in place, step left foot next to right left hands will go over

lady's head. Do not release hands

13-14 MAN: Walk right foot forward, touch left foot next to right

LADY: Step right foot diagonally forward turn ½ to the right, step left foot next to right

Couples are now in double cross hand position. Brace arms approximately shoulder height for connection. Man is facing 3:00, lady is facing 9:00 opposite each other

15&16 MAN: Rock left foot forward, step right foot in place, step left foot next to right

LADY: Rock right foot back, step left foot in place, step right foot next to left

MAN: Rock right foot back, step left foot in place, step right foot next to left LADY: Rock left foot forward, step right foot in place, step left foot next to right

# **CROSS SHUFFLES AND SIDE SHUFFLES**

# Couples will turn 1/4 of a circle on these next steps

19&20 MAN: Step left foot to left, step right foot next to left, step left foot to left

**LADY:** Cross right foot over left, step left foot to left, cross right foot over left **MAN:** Cross right foot over left, step left foot to left, cross right foot over left

LADY: Step left foot to left, step right foot next to left, step left foot to left man is facing 6:00,

lady is facing 12:00

### MAN: BACK, TOUCH, LADY: ½ TURN, BACK AND FORWARD MAMBO STEPS

23-24 MAN: Step left foot back, touch right foot next to right

LADY: Step right foot forward turn ½ to the left, step left foot next to left couples are now

back in Tandem or Indian Position

25&26 Rock right foot back, step left foot in place, step right foot next to left Rock left foot forward, step right foot in place, step left foot next to right

#### **REPEAT**

17&18

21&22