

For Ever

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Clare Golden (UK)
音乐: Forever Ain't Long Enough - The Bellamy Brothers



SKATE, SHUFFLE, $\frac{3}{4}$ RONDE, SHUFFLE

- 1 Step right foot diagonally forward to right, twisting heel of left to left (body will face diagonally right)
- 2 Bring the left foot towards the right and then step left diagonally forward to left twisting heel of right to right (body will face diagonally left)
- 3&4 Bring the right foot towards the left and then step right diagonally forward to right twisting heel of left to left (body will face diagonally right) step left beside right, step right to right making $\frac{1}{4}$ turn right
- 5-6 On ball of right $\frac{3}{4}$ turn right sweeping left foot around to touch beside right
- 7&8 Step left foot to left making $\frac{1}{4}$ turn left, step right beside left, step forward left

ROCK WITH TURNS TWICE, CHASSE, RONDE

- 9-10 Step forward right, recover weight back to left making $\frac{1}{4}$ turn left
- 11-12 Step forward right, recover weight back to left making $\frac{1}{2}$ turn left
- 13&14 Step right to right side, close left to right, step right to right side making $\frac{1}{4}$ turn right
- 15-16 On ball of right $\frac{3}{4}$ turn right sweeping left foot around to touch beside right (you should now be facing starting wall)

$\frac{1}{4}$ TURN, STEP TOGETHER TWICE, ROLLING TURN, SIDE ROCK

- 17-18 Step left to left and slightly back making $\frac{1}{4}$ turn left, step right beside left with toes at left instep
- 19-20 Step left to left and slightly back making $\frac{1}{4}$ turn left, touch right beside left with toes at left instep (on last 4 counts, hips rock from left to right)
- 21-22 Step right to right making $\frac{1}{4}$ turn right, step left forward making $\frac{1}{4}$ turn right
- 23-24 On ball of left $\frac{1}{2}$ turn right stepping left to left side, recover weight back to left making $\frac{1}{4}$ turn left

$\frac{1}{4}$ TURN, $\frac{1}{2}$ TURN, CROSS, STEP BACK, SIDE ROCK, CROSS, STEP TOGETHER

- 25-26 Step forward right making $\frac{1}{4}$ turn left, on ball of right make $\frac{1}{2}$ turn left stepping left to left side
- 27-28 Cross step right over left, on ball of right make $\frac{1}{4}$ turn right stepping back on left
- 29-30 Step right to right side, recover weight to left
- 31-32 Cross step right over left (this is done as a long step bending the left knee and allowing body to turn to the left), step left beside right (turning body diagonally to right, this move feels better if weight is brought onto balls of feet)

REPEAT